THE CRAZY WISDOM COMMUNITY JOURNAL 2002

JANUARY THROUGH APRIL 2002 (#20)
(Cover) Buddhist Teacher and Author, Geri Larkin
Holistic Physician and Author, Dr. Dennis Chernin
Energy Healer Lucinda Kurtz
Midwife and Childbirth Sierra Hillebrand

INCLUDING A FREE CALENDAR OF LOCAL CLASSES, WORKSHOPS, AND EVENTS

MAY THROUGH AUGUST 2002 (#21)
(Cover) Poet and Teacher of Creative Integration, Elizabeth Alberda
Nutrition Magician and Author, Judy Stone
Massage Therapist and Bodyworker, Michael Bratcher
Psychotherapist and Photographer, Linda Lawson

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SETPEMBER THROUGH DECEMBER 2002 (#22)
(Cover) Jeanne Mackey Talks to Gae Winn About Communal Grief Rituals
The Crazy Wisdom Interview with Ruth Carey and Jim Crowfoot on Spirituality and Social Justice
Marianne Williamson on Envisioning a Spiritual Politics

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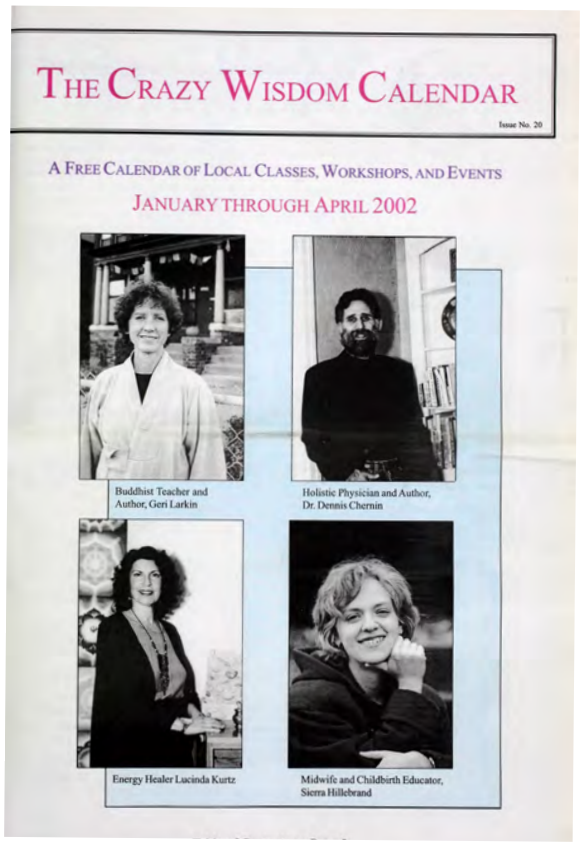
THE CRAZY WISDOM CALENDAR
Issue No. 20
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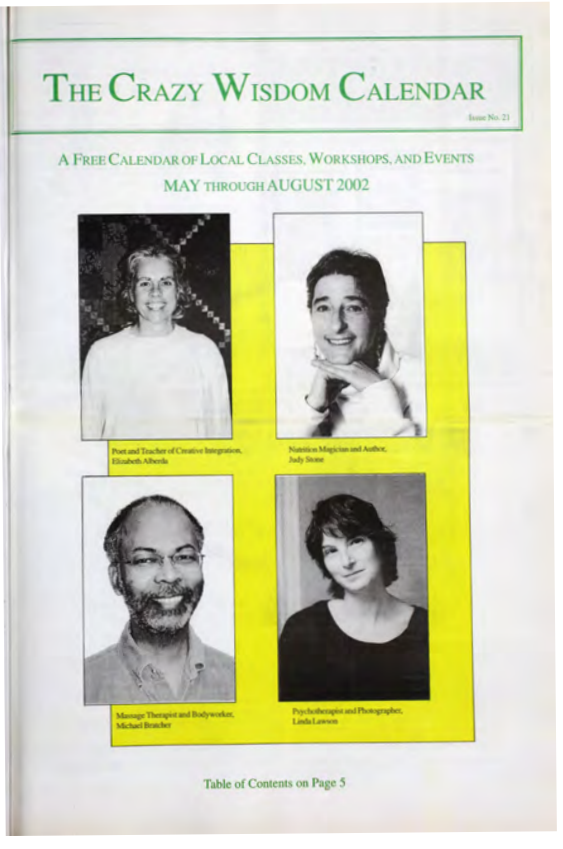
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on Spirituality and Social Justice
Marianne Williamson
on Envisioning a Spiritual Politics

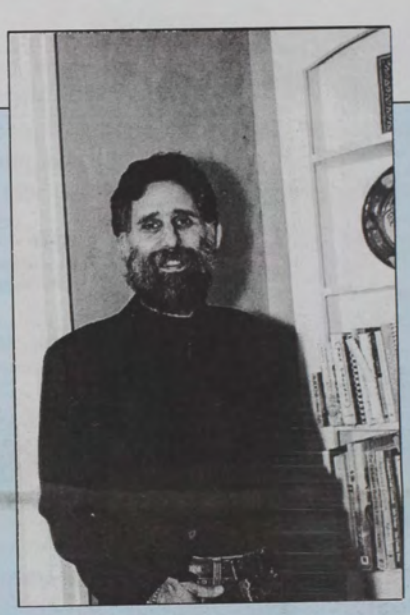
The Crazy Wisdom Calendar

Issue No. 20

A Free Calendar of Local Classes, Workshops, and Events

January through April 2002

Buddhist Teacher and
Author, Geri Larkin



Holistic Physician and Author,
Dr. Dennis Chernin

Energy Healer Lucinda Kurtz

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The Peaceful Dragon School

Of T'ai Chi Ch'uan & Chi Kung

T'ai Chi Ch'uan is a Chinese internal style of martial arts. As an internal style, the emphasizes of this art is on the integration and cultivation of the body/mind/spirit energies. This is done by being mindfully active in the relaxation and coordination of the body while in motion. The slow and graceful movements of the T'ai Chi Ch'uan form is often characterized as "meditation in motion" and a "dance of the Universe in miniature," because the practitioner can acheive a sense and balance of their internal and external energetic connections.

Wanetta Jones

T'AI CHI CH'UAN
COMPREHENSIVE PROGRAM

T'ai Chi Ch'uan Form
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Push Hands
Interactive study of how to listen, adhere, yield, and neutralize force

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Study of personal judgement and extensions in the world

Application
T'ai Chi Ch'uan self-defense techniques

Teacher certification

- **RELAXATION**
- **COORDINATION**
- **BALANCE**
- **CONCENTRATION**

Wanetta Jones

"T'ai Chi Ch'uan and Chi Kung are but pebbles dropped in water, rippling out on a dragon's breath, mysteriously delivering lifes treasures, on a journey without end."

***Chi Kung* (Qigong)** is a broad term used to describe Chinese health art practices that effect the energetic levels of the mind, body, and spirit, collectively or individually. At the Peaceful Dragon School practices of this art include:

← **Wild Goose Form**
A continuous form of stretches, visualizations and breathing techniques

Meditation
Sitting, standing, moving, guided, imagery, and pondering

Self-Acupressure
Location of potent points, meridians, and acupressure techniques

5 Element Theory
Nature based foundation of Traditional Chinese Medicine

About the Director

Wasentha Young is a master and scholar in the art of T'ai Chi Ch'uan and Chi Kung, and has also received formal instruction in Taoist and Buddhist Meditation. With over 32 years of experience in her field, she has been requested to lecture and educate on the benefits of these arts as they relate to the human emotional, spiritual, and physical well-being at such institution as: Institute for Transpersonal Psychology, CA; St. Joseph Mercy Hospital, MI; Michigan Heart and Vascular Institute; University of Michigan; Washtenaw Community College, MI; and Kaiser Wellness Foundation, CA.

Master Young is a certified Acupressure Technician, an Exercise Physiologist for the UM Program for Multicultural Health, and serves on the Advisory Committee for the Complementary and Alternative Medicine Research Center, UM.

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A Gathering in Spirit

***Brenda Morgan**, Ph.D, Spiritual Catalyst & Mentor*

Brenda has been blessed, through the grace of God and the help of her spiritual teacher Michael Silverman, with a spiritual transformation in which **Inner Enlightenment/No Mind Within** has occurred. As a Westerner, she shares in a simple and straightforward manner in the form of public gatherings, spiritual intensives, summer retreats and occasional private meetings with those drawn to her life work. She is constantly exploring how to communicate this transformation with Westerners who, like herself, have a connection with the world and wish to continue to interact with it as they spiritually evolve. Her own transformation occurred while still in relationship with the world with a concomitant slowing down within her Being as she became aligned to the Holy Spirit.

WEDNESDAY EVENING INTRODUCTION AND MEDITATION FOR THE GENERAL PUBLIC

January 16th and March 20th
7 - 8:15 pm
Love Offering

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February 15th: ***"EARTH, GOD AND YOU"***
April 19th: ***"FALLING IN LOVE WITH LIFE"***
7 - 9pm
$35 / person

SATURDAY SPIRITUAL INTENSIVES

(Each gathering is unique)
February 16th and April 20th
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—Hans S. Anderson, Cohousing Organizer

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- **Level 4: Channeling** ***Tba***

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Calendar Highlights for January-April 2002

1) **Mystic Andrew Harvey at the Church of Today**
January 20-21 & March 1-2 — (See Spiritual Development)
2) **Gatherings in Spiritual Community**
January 20 & March 24 — (See Ad on Back Page)
3) **The Miracle of Walking on Earth with Esther Kennedy of the Weber Center**
January 25-26 — (See Mindfulness)
4) **Caroline Myss, Author of *Anatomy of the Spirit***
February 6— (See Esoteric Anatomy and Energy Healing)
5) **Women at Midlife, A Workshop with Jeanne Mackey**
February 8-10 — (See Midlife)
6) **Dancing with the Muses – A Monthly Series with Jill Blixt**
Feb.10, March 10, April 14 — (See Writing and Poetry)
7) **Book Publication Party for Dr. Dennis Chernin at Crazy Wisdom Tea Room**
February 16 – (See Ceremonies & Celebrations)
8) **Best-Selling Author John Gray at Church of Today**
February 20 — (See Work and Right Livelihood)
9) **Convocation 2002**
February 21-24 — (See Ad on Page 15)
10) **What Does It Mean To Live Awake? With Francis Rothluebber**
March 15-17 — (See Mindfulness)
11) **The Dimensions in Light Festival**
March 17 — (See Ceremonies & Celebrations)
12) **A Woman's Singing Circle with Carolyn McDade**
April 12-14 — (See Singing & Songwriting)
13) **Music-Making Workshop with Paul Winter**
April 13 — (See Music and Sound)
14) **Author Jean Shinoda Bolen**
April 19 — (See Womenspirit)

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Since 1982, Crazy Wisdom Bookstore has served as a center of information in the subjects of holistic health, bodymind therapies, psychology, Buddhism, spiritual development and consciousness. The Calendar is intended to provide information about the terrific array of opportunities for persons seeking psychological and spiritual growth and physical well-being. The **deadline for free calendar submissions** for the May – August 2002 issue is **Wednesday, March 20th** and the **deadline for paid advertising is Wednesday, April 3rd.** The issue will be distributed starting April 19th. 4,500 copies of The Calendar are printed, and The Calendar is available at our bookstore as well as at more than 25 other locations in and around Ann Arbor. Our phone number is 734-665-2757, and we're located at 114 South Main Street, Ann Arbor, Michigan 48104.

****

The Crazy Wisdom Calendar is published seasonally by Crazy Wisdom, Inc.
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Crazy Wisdom Bookstore was founded in 1982 by Aura Glaser. It has been owned since 1989 by Crazy Wisdom, Inc., which consists of Bill Zirinsky and Ruth Schekter, husband-and-wife.

This issue of **The Crazy Wisdom Calendar** was organized and edited by Bill Zirinsky and Molly Nuzzo. Production and Design Editor: Molly Nuzzo. Calendar Editor: Sarah Newland Daher. Illustrations by Nicole Macdonald. Chernin Transcription done by Lynn Murdock. Cover photos: Angela O'Brien (Lucinda Kurtz and Dennis Chernin) and Neil Heidrich (Geri Larkin). Photographers: Linda Lawson, Neil Heidrich, Angela O'Brien. Cover design: Molly Nuzzo.

The quotes used in the calendar section were found in the book: *Sunbeams*, by Sy Safransky. This book is available at Crazy Wisdom Bookstore.

Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make recommendations as to any or all of them, or to be responsible for the acts or omissions of anyone listed.

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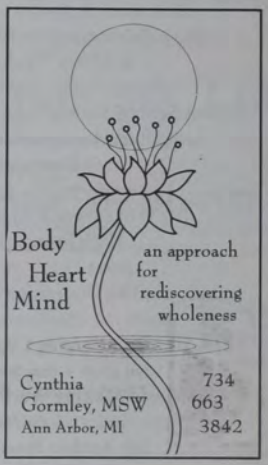

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See Calendar Listing for more information
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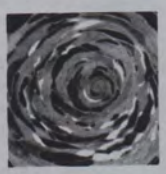
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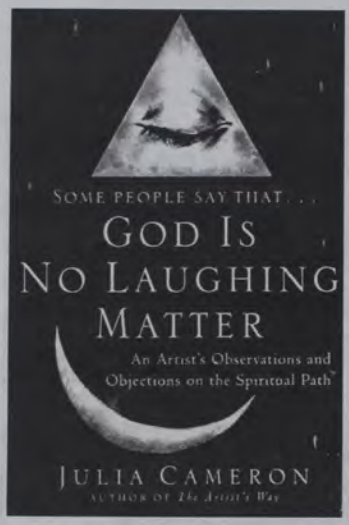
Book Reviews

Reviewed by Karla Marshall

Some People Say That God Is No Laughing Matter: An Artist's Observations and Objections on the Spiritual Path
by Julia Cameron
(Tarcher/Putnam)


SOME PEOPLE SAY THAT . . .
GOD IS NO LAUGHING MATTER
An Artist's Observations and Objections on the Spiritual Path
JULIA CAMERON

For an excellent read, try *Some People Say That God is no Laughing Matter: An Artist's Observations and Objections on the Spiritual Path* by Julia Cameron. Don't be put off by the long title. This book is direct, lively and thought provoking, and all the chapters are short. Cameron, author of *The Artist's Way* and a growing number of other books, wants to save the reader from the spiritual errors of our times. Her writing is earthy, irreverent and opinionated. By telling funny (and some not at all funny) stories, she makes a great case for her own views on spirituality.

For example, Cameron warns against "the Bud Lite spiritual version of S&M," "new age rage" and the "dope dealer" view of God. She suggests that we think about the spiritual possibilities of pajamas. She insists that the God who made puppies likes play and would really like us—in God's image—to play.

Fun is basic to Cameron's main point. "Humor, after all," she writes, "is about anarchy, and anarchy wreaks havoc on control. Since much of our notion of what it is to be spiritual hinges on control, humor is [treated like] the enemy." In Cameron's view, though, it is control that is the dead beat at God's big earth party.

As an artist, Cameron has learned to trust her experience—not the teachings she learned from "Sister Very Nasty" nor the latest word from the "spiritually socially acceptable." The Creator, she insists, wants each of us to create our own version of spirituality. Take control. Take a chance, she says. Explore your unique, living, loving, laughing spirituality.

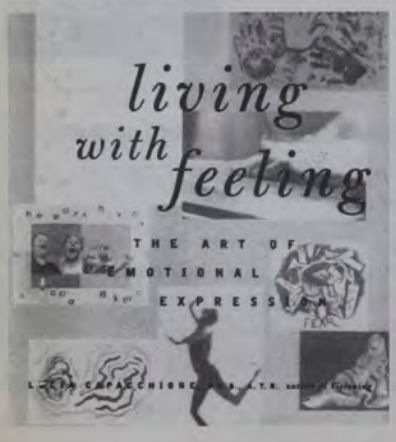
To help us along, Cameron provides exercises at the end of each chapter. Most of these involve introspection ("Do you associate faith with hard times and not with good ones?"). Many suggest writing, others action ("Name five people who are difficult and trying in your current life. Avoid one.") At times, however, these exercises seem self-evident. After a chapter about "spiritual seduction," does the reader really need to be asked, "Have you ever been spiritually seduced?" I think we get the point.

In general, as in her other books, Cameron's tone *in God is No Laughing Matter* can get overbearing. While maintaining that we all have our own spirituality to investigate, Cameron seems absolutely convinced that her own version is, as she might say, "mighty damned helpful." Cameron openly states that she is "an artist who accidentally got famous as a spiritual teacher," but this only seems to boost her confidence.

I most enjoyed the sections where Cameron writes specifically as an artist. The chapter describing her experience of recurrent grief over her father's death is direct and touching. Through the lyrical writing about her own experience, Cameron's statement "Grief is mysterious, sensual, and particular" becomes especially convincing.

On the other hand, many of Cameron's insightful slams at some of the "spiritual" practices common today had me laughing out loud. I value any book that can make me laugh, especially a book on spirituality. *God is No Laughing Matter* also got me to write, ponder and reconsider many aspects of my life, including my pajamas.

Living With Feeling - The Art of Emotional Expression
by Lucia Capacchione
(Tarcher/Putnam)



Living With Feeling by Lucia Capacchione provides a different route for exploring our inner riches. While *God is No Laughing Matter* has the reader diving into the deep end of trusting our experiences, *Living With Feeling* shows us how to wade in from the shallow end of the pool.

Capacchione gives a gentle, step by step approach for becoming comfortable with our emotions. From sadness to anger to joy, feelings are shown to be both accessible and acceptable. In fact, Capacchione maintains that emotions, "Those messy, irrational, confounding, naughty little tricksters who pop up at the most inopportune moments," hold the keys to a richer, happier life for each of us.

As we all know, the problem with emotions is that they don't exactly speak English. Instead of dropping us a note that says, "You really need to spend a quiet afternoon by yourself," emotion shows up as an inappropriate mini-tantrum at work or some such thing. Since emotions don't speak English, Capacchione explains, we have to learn to speak emotion. She provides exercises, examples and even a lexicon. Her exercises are mostly centered around experimenting with simple art supplies in the privacy of our own homes. This is not meant to produce works of art, but works of heart, and she provides ample illustrations of decidedly non-beautiful drawings (etc.) as encouraging samples.

> The core experiences of our lives, it seems, have not really changed in the past several hundred years. They have become clouded and crowded, but Rumi can illuminate the essentials for us just as he did for his followers.

For many of the exercises, Capacchione also suggests writing with the non-dominant hand. While our usual writing hand was busy learning to write English, it seems, our non-dominant hand remained better at speaking "emotion." I have done this exercise many times, and its power always amazes me. The slow, deliberate, awkward process of writing with the non-dominant hand somehow gives access to hidden desires and feelings.

I liked *Living with Feeling*, which surprised me. I didn't think that emotions were meant to fit into a step one, step two, step three, how-to book. Emotions, I thought, are all about drawing *outside* the lines. So how could a *filling-in-the-lines* book help? *Living with Feeling* helps by bridging the gap between both urges—to draw within and outside the lines.

Capacchione's approach to dealing with our "inner critic" is a good example. She maintains that just using affirmations to change how we talk to ourselves is "like icing a burnt cake. The new positive affirmations sound good, but what about the accumulated feelings that remain underneath?" She continues, then, by proposing a simple but realistic plan for change. The concrete steps address our minds; the free-form exercises address our emotions. In this way, Capacchione teaches literacy in both languages.

The Soul of Rumi - A New Collection of Ecstatic Poems
Translated by Coleman Barks
(Harper San Francisco)

If you enjoy reading poetry, *The Soul of Rumi* by Coleman Barks belongs next to your bed. Open it at random any night just before you go to sleep and read yourself up to the gate of good dreams by indulging in its rich imagery and reassuring messages. Rumi paints being "only human" as an accomplishment to take pride in and a wonder to enjoy. Good friends, jealous wives, greedy merchants, lonely lovers, law school, barking dogs, the sun, the moon, hope, hopelessness, failure and feasting—every possible subject is a divine gift we only need to unwrap.

Consider these two samples from one poem, "The Pattern Improves." An image: "Every forest branch moves differently/in the breeze, but as they sway,/they connect at the roots." A message: "How will you know the difficulties/of being human, if you're always/flying off to blue perfection?/Where will you plant your grief seeds?/Workers need ground to scrape and hoe,/not the sky of unspecified desire."

The book is filled with such gems, made immediate, lovely and accessible by Coleman Barks' presentation. Rumi himself was a thirteenth century dervish mystic who lived in the Near East. His poems were spontaneous and spoken, written down by followers ("followers" as in scribes who literally walked around behind Rumi scribbling his ecstatic statements as he made them). Barks' rendering retains this freshness while avoiding translation that limits Rumi to his time and specific religious beliefs.

"Rumi's poetry," says Barks, "belongs to everyone, and his impulse was toward experience rather than any language or doctrine about it: our lives as text. . ." The core experiences of our lives, it seems, have not really changed in the past several hundred years. They have become clouded and crowded, but Rumi can illuminate the essentials for us just as he did for his followers. In fact, Rumi is mentioned in both of the books reviewed above as an inspiration and a method for feeling the meaningfulness of our lives.

It seems to me to be especially poignant that Rumi was born in what is now Afghanistan and his particular name for God was Allah. In addition, much of his poetry refers to the loss of his "beloved" friend Shams, a friend killed by Rumi's own jealous followers. Life was hardly ideal then, just as it is far from ideal now. That itself, suggests Rumi, is the root of knowing joy and perfection in our "ordinary" days.

Reviewed by Sarah Newland Daher

Anger: Wisdom for Cooling the Flames
by Thich Nhat Hanh
(Riverhead Books)

Anger is like a drink of cool water written in Thich Nhat Hanh's simple, gentle and straightforward style. Writer of over 100 books of fiction, poetry and philosophy, Vietnamese Buddhist monk Thich Nhat Hanh offers steps to help us transition through the difficulties of anger. Although we all experience anger of varying degrees almost daily, most of us don't have the coping skills to transform this emotion into something potentially positive. Anger is an unsettling experience at best; an ugly, seething place at its worst. Whether or not we choose to recognize it on a conscious level, anger can rule us. For our health, and for the sake of our friends, partners, and children, it's vital to address this difficult, consuming emotion.

Thich Nhat Hanh says not to deny the existence of anger. Just because we don't face the anger we feel doesn't mean it's gone. It gets buried in the deepest parts of ourselves, surfacing habitually at other times. He says we all contain the seeds of anger from a variety of sources: childhood, interactions with strangers, the food we eat or even from watching violent television. Anger surrounds us, but our reaction to it is our choice.

First, we must become aware of our feelings. Mindfulness is the key to Thich Nhat Hanh's teachings. Recognize the anger and state it for what it is. Then, breathe.

> Mindfulness is the key to Thich Nhat Hanh's teachings. Recognize the anger and state it for what it is. Then, breathe. Breathe deeply.

Breathe deeply. You can practice sitting or walking meditation to help you become calm. Only with a calm state of mind and body can you embrace your anger. You can then understand from where it came and the nature of your perceptions. You can also recognize that others suffer as well. Perhaps the source of your anger is someone who is suffering deeply. Through this practice, you will develop great compassion as well as understanding of yourself; and you can move through the experience of anger every time. A community of like-minded folks is helpful to remind you of your practice and what you can do. These steps may sound difficult - or too simple - but they work. Try them.

There is a beautiful analogy in the book: think of a large, old tree in a windstorm. The small branches up high whip about wildly and the larger branches sway with the wind. But when you look at the trunk, it's firmly rooted in the earth, unmoving and strong. Your goal is to become like this tree trunk in an emotional storm - stable, secure and calm.

Ever since reading *Being Peace* in 1989, I've loved Thich Nhat Hanh's teachings. They resonate with me because he explains a practice that is *do*-able, whether or not you're Buddhist. His method is gentle and simply reading his books inspires kindness and awareness. I'm grateful for this book on anger. It was a wonderful reminder that it's okay to start right now. No matter your past, you can begin to take care of your suffering, embrace it and release it. He also discusses relationships and how to heal them in a way that I believe, in a way that feels real. Instead of being overwhelmed by anger and other negative emotions, you can practice mindful living and release what is harmful to you and to others. The world can always use more kindness, compassion and love. This book is highly recommended, as are other titles by Thich Nhat Hanh. (Related titles include *The Places That Scare You* by Pema Chodron, *Lovingkindness* by Sharon Salzberg and *It's Easier Than You Think* by Sylvia Boorstein.)

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Jean Shinoda Bolen
Women's Lives: The Archetypes Within Us

Friday, April 19, 7:30 pm
~ through ~
Sunday, April 21, 1 pm

This workshop is a time to reflect upon the turning points in our lives. By engaging in guided meditation, we may find personal symbols and sources of wisdom. By walking a labyrinth, aspects of our inner path may emerge. By being in a women's circle with a spiritual center, we may be inspired to form one when we return home.

This is an opportunity to be with an exceptional workshop leader who has a Jungian, feminist, and spiritual perspective and with other women who are likely kindred souls.

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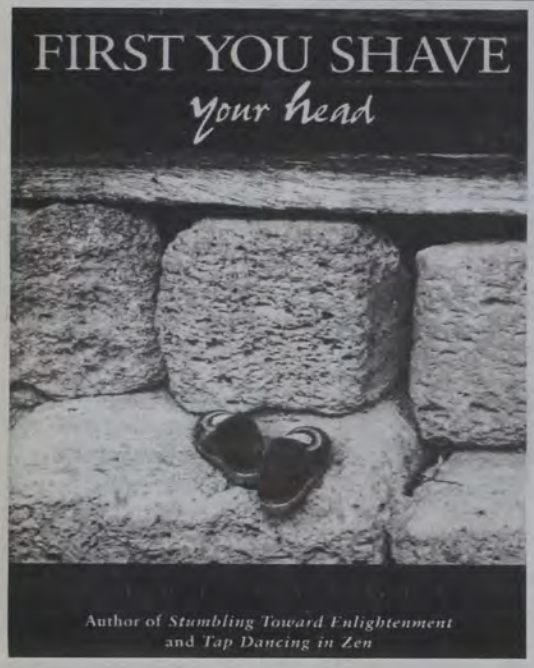
First You Shave Your Head
An Excerpt from the New Book by one of Ann Arbor's Favorite Zen Monks, Geri Larkin



Local writer and dharma teacher Geri Larkin has written her latest book, called First You Shave Your Head. Larkin is well known in southeastern Michigan, both because of her writing, and because she is exceedingly well-liked and respected. She made a name for herself as a business and marketing consultant, and also for leading workshops on "Work and Right Livelihood". She is the author of four previous books: Bad Hair Days, Stumbling Toward Enlightenment, Building A Business the Buddhist Way, and Tap Dancing in Zen.

Larkin has been in Ann Arbor since she came here to go to graduate school in 1980, and she's been connected to the Zen Buddhist Temple in Ann Arbor for thirteen years. In September of 2000, Larkin became the guiding teacher of the brand-new Still Point Zen Buddhist Temple, on Cass Avenue, in Detroit. She has left behind her work as a business consultant to devote all of her energy to the building of this new Buddhist center, and she and a small group moved into Still Point Abbey, not too far away on Trumbull, just a few months ago.

In 1999, P'arang Geri Larkin ("P'arang" is her Buddhist name) was invited to make a pilgrimage through the Buddhist monasteries of South Korea. She made the pilgrimage with Haju Sunim (who used to be known as Sukha Murray, and is the Resident Priest of the Zen Center) and with the Venerable Samu Sunim, who is their teacher. Her new book is all about her adventures in South Korea, and the book is part travelogue, part spiritual journal. Her writing is very funny, very heart-wrenching, very honest, and completely down-to-earth. We've excerpted Chapter Nine, which is called: G.I. P'arang.

Chapter Nine: G.I. P'arang

Journal entry:

"For some reason I keep thinking about the chapter on joy in the Dhammapada, about how we need to live in joy no matter what. It looks so easy on paper. Sure, I'll live in joy. Just don't throw any curve balls. Don't surprise me. Don't make me work hard. And for sure don't make me go for three weeks without pizza. Then I'm in. But only then. The hardest thing is to not count minutes. I miss Jamie and Sarth desperately. Hope they are ok, not that there is anything I can do if they aren't. God, I hope this is dharma. Sure is feeling more like a hell realm whenever I lose my grip on 'don't know' mind, which is just about every other minute."

While we were staying at Hwaomsa deep in the mountains, as we did every morning, Haju and I popped up at the first sound of the moktak. Folding our bedding, packing our backpacks, brushing our teeth, and walking quickly to the meditation hall, we immediately started doing prostrations, stopping at ninety five as the monks began to enter the room.

Sunim came into the room and stood behind me.

As we started doing additional prostrations with the monks, a whack! Sunim had grabbed at my kasa -I think to try to straighten it because it had veered off center. And whacked me on the cheek instead. The sound reverberated throughout the hall. I was stunned. For a split second I didn't move. Then, thinking it was just a mistake on Sunim's part I started doing prostrations again. Whack! He did it again! I finished the morning service with the monks. Then, furious, walked across the courtyard to our rooms. Haju was nowhere to be seen. I put my kasa in Sunim's room and went to take a cool shower…ready to travel, vows be damned.

Coming back I saw Sunim on the porch.

"Please sit down Sunim". He did. It was pitch black. Many of the monks had gone back to their rooms to get some sleep before breakfast. I was shaking with anger. He had, I told him, crossed my boundaries. He could not touch me again, ever. There had already been several instances of his shoving Haju during the journey. Each time I had been uneasy and felt an adrenaline rush preparing me to intervene. Twice I almost did but Haju hadn't reacted at all. In an effort to honor he decision I would stand next to her trying not to cry Sometimes I would get mad at Haju. Why didn't she defend herself?! This wasn't dharma. This was an angry man looking for a human punching bag. There was a difference.

Sunim's response to my outburst was that my kasa was wrong and I should have been wearing it correctly years ago. I didn't bother to say that I had been wearing a kasa beside him for years or that the reason the kasas slipped was because we weren't wearing the right robes weren't wearing the ones with the high collars that kept them in place.

I took the kasa off.

I said, "You could have whispered instructions instead of whacking me."
Him: "The monks straighten out the nuns things here."
Me: "Not like that they don't."
Him: "I'm doing my best. Please wear the kasa. You haven't spent a lot of time with me and I am trying to make three years of corrections in thirty days."
Me: "No kasa. You are correcting so much that anything I can do to decrease the correction factor I'll do."

I was desperate to get rid of anything that would cause him to yell at Haju or me. I could only think, "Get rid of it. Put it somewhere else. Anywhere except on my body. Somewhere where it wouldn't trigger more anger or another whack. I folded it up, reached over to Sunim's door and set it carefully in a corner.

I was furious. Why would I wear something to honor a person who clearly wasn't respecting our effort? Seconds spread into timelessness. I could barely breathe. Neither of us moved.

Haju had come to kneel beside me. She didn't move either.

"There is no fire like passion, no crime like hatred." There it was again, the joy chapter from the Dhammapada. Over and over in my head. Finally we just stood up. Sunim went into his room. I walked through the temple grounds, completely quiet, lit by the stars. Here I was walking through sacred ground, my heart ripped open. I had trusted Sunim. Yes he yelled, yes he got angry. I never thought he would do anything

> Pacing back and forth in front of the meditation hall I wanted to click my heels three times. I didn't even care where I landed. Anywhere was better than this. Where was the man's kindness and compassion?! Where was it?! I sat on the steps of the hall, my head in my hands. Told myself to pay attention to the Dhammapada, to let things be, to just do my practice.

to me physically. He was just straightening my kasa he said. It just didn't wash. Sunim had been angry, really angry, in that meditation hall. And it all came out at me. He knew it and I knew it and explaining it away didn't change what happened.

Pacing back and forth in front of the meditation hall I wanted to click my heels three times. I didn't even care where I landed. Anywhere was better than this. Where was the man's kindness and compassion?! Where was it?! I sat on the steps of the hall, my head in my hands. Told myself to pay attention to the Dhammapada, to let things be, to just do my practice.

I walked back into our little room where Haju was sitting. Neither of us spoke. I lay down and waited for breakfast two hours later. Feeling calmer I went into Sunim's room after he and Kaeo had left for the meal and took the kasa back. One painful incident was not going to destroy my love for the tradition and my respect for all the efforts that had become this, including our own. I reminded myself that I had vowed to finish the trip partly so Haju could do the whole pilgrimage. Without another woman she would have to leave.

At breakfast, still raw, I couldn't even look at anyone, too afraid I would burst into tears. Sunim's behavior felt like such a betrayal. After breakfast we packed and started walking to the next temple, none of us talking. Only Kaeo came up to me and looked into my eyes. In his was deep compassion and concern. He had heard everything on the porch. We had an entire conversation just looking at each other, him telling me it was ok, and my saying I would be all right.

I remembered my sendoff present from my friend David. He rented *G.I. Jane* for me. In it Demi Moore shaves her head as a part of her Seal training. I think that's the part David thought would help me. But a later scene helped more. In it she is fighting with her commander. He has beaten her to a bloody pulp as a part of the training with clear instructions to the rest of her squad not to lift a finger to help her. They are in agony as they watch him go after her. Finally, it looks like she is dead. Suddenly she looks him in the eye. "Suck my dick." And floors him. And he knows he's done his job. She'll make it.

We all have our moments.

Too bad they're so painful.

As we made our way back down the mountain to board the bus to Songgwangsa all was quiet. No chatting. No smiles. We were about to climb onto the bus when a woman ran up to us, breathless. She chattered at Kaeo. He chattered back. She ran off. About two minutes later, as the bus was about to pull out, there she was again pounding on the door. The bus driver opened it and she shoved a bag at Kaeo and walked away. In it was a glass of fresh orange juice for each of us. It had been about ten days since the last taste of anything citrus. I tried to make mine last for the whole ride.
There it was again. Pure kindness popping out of nowhere. Life just wasn't black and white even when I wanted it to be.

As we rocked up the next series of mountains a million thoughts. Run away. Run away. Stay with it. Stay with it. Screw that. Run away while you can. I can't leave Haju. Sunim's just doing his best. No he isn't. He's just a grinch. I just watched the fury until there was quiet. I hated what I was seeing about us. Forget Sunim. I hated what I was seeing about me. I had no idea I was such a whiner. Whine about this. Whine about that. And how deeply I resist something when I'm unsure where it is taking me. How I use anger for energy. And righteousness for anger. Sunim really was just being Sunim. If he hadn't whacked me then, it would have happened sooner or later. I needed to see just how angry I could get, and I needed to see how getting angry, that angry, can be ok. It was honest and it was natural. What I did with it was the real test.

In the olden days I knew I would have left. I would have stomped off that mountain cursing Sunim with every step, VISA card in hand hitching a ride to the nearest train station. Now I saw Sunim's own exhaustion and frustration and, I do believe, embarrassment, and how it stemmed from so many of the actions of these two western women stumbling their way through Korea's mountains. It didn't make his behavior ok. May the man never again straighten a piece of clothing on my body in this life or any of the rest we'll probably spend together. But it made it comprehensible. Up in the meditation hall we were both miserable, just miserable, and that's how it played out.

I remembered going to a marriage counselor years ago. If things are really good sixty percent of the time, he said, you have an excellent marriage. So this must be an excellent trip. I found his percentage pretty hard to believe but then again I was raised on Cinderella.

Photo by Neil Hedrich

Geri Larkin is the guiding teacher of Still Point Zen Buddhist Temple, in Detroit. She is shown here in front of a house nearby, which she and a small group of her students have been busy fixing up, and which has become Still Point Abbey.

Thoughts subsiding, suddenly "Just this" was back. It was like my practice had its own life. Given any opening it would take over. All of the effort of the first few weeks was playing out, protecting me. "Just this" was the blanket around my shoulders and the buffer my body - mind needed. Once it kicked in I couldn't even get the furious thoughts back when I tried. Instead there was only this quiet sort of nonstruggling feeling like when you sit down in your favorite chair after a long hard day and just sort of stare at what's in front of you until someone says, "Everything ok?" and you say, "Yeah" without explanation because it is. That kind of quiet.

Songgwangsa made up for many of the pilgrimage's difficulties up to that point. Everything was so clean. And bright. All the rainbow colors from Seoul had surfaced again. All of the Bodhisattvas and Buddhas in the gazillion (ok, a slight exaggeration) pictures had halos! East meets west. The clusters of buildings felt like flower blossoms in a bouquet held by Quanseum Posal - an offering to humans yearning to find their own enlightened hearts.

When you look at the temple compound from the mountains all the roofs look like a bunch of dominoes that have been dropped onto a tan and green rug. They are squished close together, smallish relative to the other temples we visited, and aimed in all sorts of directions. A Matisse painting in the middle of mother's nature. Beautiful. No, more than beautiful. Breathtaking. Robert Buswell, an American who studied at the temple some years back, seems to have had a similar reaction: "From the small village below the temple, pilgrims to Songgwangsa start a gentle, half mile climb to the monastery. The trail winds through pure forest, following the stream that runs alongside the monastery. Just below the main temple complex there is a field of stone stelae, each about 8 feet in height, on which are inscribed records of the monastery's history." (Robert Buswell, The Zen Monastic Experience, Princeton University Press, Princeton, 1992, p. 49) In the main Buddha hall is a twenty-five foot wooden altar, with Vairocana staring down at you. Vairocana is kept company by a huge scroll painting of the Buddhist pantheon that sort of looks like a class reunion picture where you are trying to fit anyone you've ever known in any lifetime into one picture. Stupas party in a field nearby. I stopped counting after I reached thirty.

Maybe it was that we were on the second half of the pilgrimage or maybe it was because the monks were so generous and I had perfected sleeping anywhere on any ground. (Not to brag, I was also able to catch flies in

First You Shave Your Head, by Geri Larkin (continued)

my hand by then, a useful skill for eating in public places. These pilgrimages offer so much.) Songgwangsa was the temple I didn't want to leave. Ever.

Songgwangsa was originally built by one of Korea's great Zen masters, Chinul. Chinul is special because he managed to fall into enlightenment without the help of a teacher. Studying sutras did the trick. As the story goes, one day during a rest period he was reading The Platform Sutra of the 6th Patriarch and achieved spontaneous enlightenment upon reading the passage, "(our) self-nature of suchness is always free and untainted." He's about the only person who has openly managed such a feat. Chinul cared deeply about Buddhism and how it could help people find a center of genuine peace. Surrounded by political infighting among the various Buddhist sects that had sprung up in Korea by the twelfth century, he was determined that the sects should all be woven together into one happy Buddhist family. It's a wonder he wasn't killed. Starting in 1190, it took thirty years of effort to make any headway into his vision, finally culminating in a single place where all the monks were invited to come to practice. That place is Songgwangsa.

People started showing up at the door as fast as word got out. The parade hasn't stopped. Korea's most revered master of the twentieth century, Master Kusan (1901-1983), set up Korea's first international Zen Center on Chinul's temple grounds so foreigners would have a place to study the Korean Way of Zen. Some of the West's first round of significant Buddhist teachers, including Robert Buswell, and Martine and Stephen Batchelor, studied there. Rumor has it that one of my dharma brothers, presently a student in the Maitreya Seminary, may just try his luck there as well. He'll be in good hands.

Our room was wonderful: wooden lattice work covered with rice paper let in a hazy light into the room - almost like a night light only it was a whole wall. Rice paper for wall paper. A thick yellow plastic floor with barely discernible patterns of herons and suns.

Rules were still thrown at us. "Don't stand in the middle of the meditation hall. It's for senior monks." Conveyed while I stood at the door of the meditation hall trying to recall if there had been a single hall where I *hadn't* stood in its middle. Oh well. Just this.

It is at Songgwangsa that I learned that typically only the beginner - beginner monks do 108 prostrations each day. Usually the monks don't do any prostrations. This, after twelve years of doing them. Hmm. And kasas? Also only worn by the junior monks. Sunim really was introducing a new monastic model to them and to us. Middle aged women doing more prostrations than anyone else. A demonstration of determination and sincerity. No one could argue with our efforts. The kasas were a first foothold in a monastic tradition that has been male only for over a thousand years in Korea. And there we were wearing them every day. No wonder Sunim was so sensitive, so quick to react to our every mistake. I started to see the pilgrimage from a whole different perspective. It wasn't just about Haju and me doing our best, it was about introducing women as monks, not nuns. I needed to be more skillful for the women who would follow our footsteps.

People who have done pilgrimages tell me that despair always hits at some point. It seems to be a combination of exhaustion and shattered expectations that surfaces when things get tough and stay tough. Ironically it hit me when we were at beautiful sweet Songgwangsa. A teacher I trusted failed me, failed us. What I thought the pilgrimage was going to be like was so far off the mark it was on another planet. I had failed Sukha by being angry, frustrated and noisy. We had both failed to be gracious, graceful monastics.

I was miserable.

Determined not to drown in the waves of sheer anguish that started to hit, I tried to conjure up stories I had heard about other people who had made it through such darkness. "Millions of pilgrims have been right here", I told myself. Surely one story will pop. Siting outside of a bookstore waiting for Sunim I searched my brain for a story. Nothing. I gave up. Let "just this" take over. It was feeble but it was there.

People who have done pilgrimages tell me that despair always hits at some point. It seems to be a combination of exhaustion and shattered expectations that surfaces when things get tough and stay tough. Ironically it hit me when we were at beautiful sweet Songgwangsa. A teacher I trusted failed me, failed us. What I thought the pilgrimage was going to be like was so far off the mark it was on another planet.

If I had stayed with my search I would have remembered the story of Don Miguel Ruiz. He's a doctor who almost killed himself one night by driving head first into a concrete wall. Somehow surviving, he decided to live his life in a totally different way, making four vows to himself: to be impeccable with his word; to stop taking anything personally; to stop making assumptions; and to always do his best. He called them the four agreements. I loved his sheer determination to get through any dark nights of the soul using the agreements: "That's why you need to be a great hunter, a great warrior, who can defend these Four Agreements with your life. Your happiness, your freedom, your entire way of living depends on it. The warrior's goal is to transcend this world…I didn't expect that I could do it at first. I have fallen many times, but I stood up and kept going. And I fell again and I kept going. I didn't feel sorry for myself. There was no way that I felt sorry for myself. I said, "If I fall, I am strong enough, I'm intelligent enough, I can do it." I stood up and kept going. I fell and I kept going and going, and each time it became easier and easier." (Don Miguel Ruiz, The Four Agreements, Amber - Allen Publishing, San Rafael, Ca. 1994, pp. 89-90)

We also got sick right about then. Haju's stomach. Kaeo's headache - so bad, he was nauseated and dizzy, barely coping with his pain. Me? A good juicy I'll - never - leave - you - no - matter - what - you - do urinary tract infection. (Later I learned that I had actually been contending with a combination of pneumonia and chronic fatigue - the urinary infection was just one aspect of the infection that had decided to call my body "home". Makes me feel better about all the whining somehow.) I started dreaming about cranberry juice. Sick didn't matter. We didn't slow the pace or the places.

After Songgwangsa, Naesosa. A small temple in a bowl shaped valley surrounded by mountains and pastures. The smell of the ocean nearby. Since we were closing in on the last part of the pilgrimage it didn't matter that we were barely greeted, offered a room as an afterthought, felt unwelcome at meals. By then the focus had shifted to figuring out how to wash our totally filthy clothes - the water in the little wash tub I discovered sitting quietly in a corner turned an ominous thick gray green when I put my one pair of gray pants into a quart or so of water. I stared at the patterns in the water as long as I could, confident a genie would appear, until finally the smell of food told me I better finish. Rinsing the pants, and putting them on soaking wet, I remember thinking that Naesosa would probably seem beautiful to me if I was wearing clean clothes. But I wasn't so it wasn't.

From there we moved into higher mountains, the ones that hold up the sky. I figured the worst had to be over. Except that it started to rain harder and harder on our way up. The tiny hermitage we were headed for was a vertical climb, plus the falling rocks and washed out paths made it dangerous. Sunim decided that we would simply "hitch" a ride up the mountain in the hermitage's "food box". It was about a four foot rectangle metal box hooked to a cable and a simple pulley system beneath it. The cable pulled the box up the spine of the mountain.

Kaeo got in. Squished himself as far front as he could, knees to chin. Then Sunim. Same squishing. Then Haju. Then me, with all our backpacks. When the motor cable started, Sunim looked at me. "Don't let our things fall out, P'arang."

We started moving up the mountain. The rain made everything slippery. There was only the edge of the box to grasp. After about three minutes I looked behind us. You couldn't see the mountain behind the box - it was that step. Looking ahead of us, only the tops of some trees beside us. To our right there wasn't anything to see. To our left, more tree tops.

It was too terrifying to even think. I just did my practice, knowing that a single slip of the cable and we would all die.

Halfway up, the cable started to shudder. There was too much weight in the box. We slowed to a stop. It felt like we were starting to slip. If we did I knew we would flip off the cliff. It was all I could do to hold onto the box and some of our things. The backpacks and camera were sliding backwards.

Silence everywhere. Not even the sound of breathing. Calmly I whispered goodbye to my daughter. Told her I love her. Ditto to my son, family, friends. I felt a strange, overwhelming sense of deep gratitude for everything my life had been. It made me warm. Then I just hunkered down to hwadu - to "What is it?" - putting all of my concentration into the question, refusing to let go of any part of it. What was amazing was the total absence of fear. I couldn't find it anywhere.

A small shudder and the box started to move again, inching its way up the mountain. At the top, Sunim casually mentioned that we would walk down the mountain the next day instead of using the box.

Being face to face with dying was no big deal. It was past tense as soon as we hit solid ground. I had always wondered what it would be like to really stare death in the face. What would I think? Or do? would I be calm or hysterical? Would I pee all over myself and then

faint away? It turned out that facing death was just like facing life. As long as I was clear about what was happening I could just be with it. In that space fear didn't have a chance. Without fear crowding my brain, gratitude was able to bubble up.

The hermitage at the top of the mountain was tiny, basically three small buildings. The first, about twenty giant steps away from a cliff overlooking an enormous mountain range, was about the size of a double-sided mobile home. It housed a community dining room, kitchen and head monk quarters. About a hundred feet above it, at the top of the mountain path, was a set of tiny square rooms, maybe a dozen, in a slightly longer building. Beside that was a meditation hall that we never saw because some young monks had spontaneously decided to continue a three-month intensive retreat indefinitely. Another hundred feet beside the communal kitchen, and down a steep animal path, was a brand new outhouse, complete with a proper toilet seat.

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We were tired. Facing death does that, I guess. We ate a little, and went to our respective rooms with strict instructions to be silent so as not to disturb the monks. Except for stumbling up and down the path to the outhouse in the dark we did ok.

In the morning we woke up before dawn to posalnims foraging for greens for breakfast. At the breakfast table a half dozen bowls filled with different vegetables, looking suspiciously like weeds, and wild mushrooms, looking suspiciously like psilocybin. Who cared? We were alive. We ate them, every bite. Delicious.

As we left the hermitage an hour later the young abbot insisted that we have tea with him first. Four cups each. Green tea. Like shots of whiskey, only for energy.

Walking "down" the mountain turned into a four and a half hour hike up and down several peaks to get to a place where we could catch a bus to the next temple on Sunim's mental itinerary. For the first hour we were looking down on clouds so close you could jump on them to ride across the valleys. Then a few encounters that would have been terrifying had we not played death by cable car the previous day. The rocks insisted we climb straight up, belly to roc, using our hands and feet to push ourselves forward even as the weight of our backpacks pulled us backward. Tiny yellow and bright blue flowers greeted our every turn. Stories from Sunim kept us going.

And enlightenment isn't all the extrasensory stuff that we want to call enlightenment, those psychic moments, that sense that maybe we really can create miracles. Stone mountains roaring and fish flying aren't worth squat as long as some "me" is watching, looking for karmic points. It's enough to make a head hurt.

After our first rest we didn't have water and we didn't have food. It was hot. Mountain peaks just kept popping up in front of us. When my legs started to turn to jelly, I remembered my friend Sanho telling me that, "You climb mountains with your stomach" so I did. It helped.

In the middle of it all Sunim stopped suddenly and looked at me. "P'arang, you could learn something from Haju. She does difficult things easy." And it was true. There she was grinning from ear to ear having the time of her life, climbing those rocks like a veritable mountain goat at closing in on sixty years. It got me to thinking about enlightenment and our almost mountain slide. I remembered a teaching by Dainin Katagiri that really struck home:

"for instance, let us imagine that you are climbing up a mountain cliff. That situation is just like being on the verge of life and death. There is no way to escape; you cannot complain. If you are there all you have to do is just be there. If you act instinctively, you could die. If you are nervous you could die. Should you depend on the intellect you could also die. So you have to depend on the mountain, your mind and the circumstances. You have to watch carefully and understand. Your consciousness must be clear and know what is going on there. Then, after using your best understanding, your body and mind should depend on just one step. This is action. This is the process of one step without being nervous about what will happen in the next moment, or thinking about when you will reach the peak, or how far down the bottom is, or who is climbing or how much farther you can keep going like this, or that you could die. There is nothing to think about, nothing to depend on. All we have to do is just be there using all the things we already have: consciousness, mind, mountain and weather. Then we have to act. Just take one step, a pretty simple step." (Dainin Katagiri, Return to Silence: Zen Practice in Daily Life, Shambala, Boston and London, 1988, p. 106)

I thought about how we westerners make enlightenment a goal so we have some way of wrapping our arms around it. We want it to be an obvious accomplishment that will somehow define us as special although of course we're trying not to be. Even as rushes of energy flew up my spine in surprise moments I knew it wasn't enlightenment. It wasn't the awakeness that Buddha taught. I was still oh so me, still getting a kick out of the rush, still wanting more. And enlightenment isn't all the extrasensory stuff that we want to call enlightenment, those psychic moments, that sense that maybe we really can create miracles. Stone mountains roaring and fish flying aren't worth squat as long as some "me" is watching, looking for karmic points. It's enough to make a head hurt.

Making it to the bottom of the last trail, a tiny store appeared. I remember thinking that maybe fish do fly I was so surprised to see it. Without a word Sunim went in and a couple of long minutes later walked out with an arm full of bottles of water. We couldn't drink them fast enough. He also had a Coca Cola. Handed it to me. Life was good again.

Hydrated, we found a bus stop. Found a bus. And I'll be damned if "just this" didn't take over from there. Then, sitting on the bus, filthy (as in you couldn't scrape the dirt on my face and neck off even if you had one inch nails shaped as sabers), there was this sudden sinking feeling. Physical. Not dizzy, sinking. OK, maybe a little dizziness. Except my body didn't move. Instead I felt enveloped in a huge quiet place. Actually it was more like there was a huge quiet place without a "me" observing and judging and categorizing every single little thing. The huge quiet space was just sitting. In that moment all the kicking and screaming and bitching I had been clinging to disappeared. I was in the land of "now" where, I gotta tell you, it's all poetry.

In the land of "now" colors were brighter. Sounds were louder and more complex. I heard so many bird songs that, for a moment, I thought someone had put a bird tape into the bus. Suddenly the most fascinating thing in the whole world was the conversation between the young bus driver and an old old woman with a cane sitting in the front seat across from him. It was like watching an opera. And when Sunim came out of the little store, a South Korean version of a Seven Eleven, for the second time with more bottles of water, his quick steps were just like a tap dance right out of a Broadway musical. The whole world was happy. I half expected to see cartoon characters pop out from behind trees singing, "It's a small world after all" and an airplane with a banner saying that Disneyworld Korea hoped we enjoyed our visit.

Everything was ok. How wonderful it was to be free of all the ego junk, even if it was just for a moment in time. As weird as this sounds, my heart felt like it would burst from all the "nowness". I couldn't wait to get home to see what it was like to just clean, just cook, just work.

Maybe those mushrooms *were* hallucinogenic.

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Diane Evans
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Claiming the Healer Within -
My Journey to the Barbara Brennan School of Healing

by Lucinda (Linda) Kurtz

A passion to change the world and create a more equitable and just society is what motivated me in 1969, a graduate from Brandeis University and the Coordinator for the Moratorium to End the War in Vietnam for the city of Pittsburgh. The journey from committed activist to energy healer has been a fascinating adventure filled with new learning, a belief in myself and my intuition, and a willingness to go beyond deeply held assumptions and expectations. Uncovering and claiming the Healer Within required years of releasing old patterns of behavior and transforming painful early wounds, until I could open to the power of Love and resonate with Spirit.

After studying and teaching Women's Studies at the University of Pittsburgh Graduate School, I moved with my first husband to Atlanta, Georgia where I found little trace of feminism in 1978. Undaunted, with a group of committed women, I founded the Georgia Women's Political Caucus during the ERA campaign. I was elected Vice-Chair of the National Women's Political Caucus, and traveled around the country teaching women to organize, run for political office and fund political campaigns.

In the middle of this intense activity, I had the privilege of being with my father as he passed over, ending a long struggle with cancer. This profound experience of sitting quietly with him, holding his hand, as I experienced his soul leaving his body, radically changed my life. As he took his last breath and I watched his soul hovering over his body, I knew in the deepest part of my being that there was a reality far more profound than any I currently comprehended and that I would spend my life seeking out these deeper levels of knowledge.

It was a slow but steady path from my father's deathbed in 1984 to entering the Barbara Brennan School of Healing in 1995. In 1987, I was accepted as a Kellogg National Fellow, participating in a 3- year international and interdisciplinary leadership program where I traveled across the U.S. to South America, the Middle East, Europe, and Russia exploring how we can create an interconnected global community based on mutually interdependent economic, ecological and spiritual values. My focus was on women leaders, which allowed me to connect to women worldwide who were envisioning a different way of living in relationship with themselves, their community, the earth, and Spirit. A powerful connection with a woman colleague in St. Petersburg, Russia, led me to create the nonprofit sister-city organization, Global Hopemakers, in Lansing, Michigan where I moved in 1990 with my husband and soul mate, Oran, who I met as a Kellogg Fellow.

But it was my husband's journey to heal from a severe chronic disease coupled with my own emotional pain in a very difficult step-family situation that led me to explore new healing modalities. Together with Oran, I uncovered a wealth of remarkable possibilities, which included macrobiotics, acupuncture, yoga, esoteric healing, bioenergetics and shamanic journeying. Through deep bioenergetic therapy for several years with a bioenergetic healer in Ann Arbor, I touched the Healer Within, just beginning to awaken, and she led me to the Institute for Bioenergetic Studies in Okemos where I studied esoteric healing with Dr. Barbara Briner.

But it was the four years of training at the Barbara Brennan School of Healing (BBSH) that most profoundly transformed my life and opened me to the life of Joy and propelled me into a new professional career as an energy healer. This challenging program which includes 900 students from 46 countries and 100 teachers, gathering five times a year for a week at a time to study, meditate, learn and deepen hands-on energy healing skills, helped me to release faulty reasoning, energy blocks and emotional trigger points which had kept me prone to defensive reactions. Slowly, over the four years of intensive study, required therapy, and hands-on practice, I experienced an emotional catharsis, a physical enlivening, and a spiritual awakening.

I experienced a shift from my compulsive need to change the world through ego driven political and social activity to a quiet, slower inward understanding that my purpose is to help heal the planet with other like-minded souls through bringing in a higher level of conscious awareness and Love. I surrendered to a Power far greater than myself and asked to be a vehicle for the energy of the Universe.

Photo by Angela O'Brien

Energy Healer Lucinda Kurtz

In her healing science, Barbara Brennan combines a strong scientific foundation from her education and background as an atmospheric physicist at NASA's Space Center with a wide array of psychological approaches, mind/body therapies, and spiritual practices. The Brennan Healing Science (BHS) reflects the unique amalgamation and evolution of her work as a scientist, healer, and therapist, a graduate of the Institute of Core Energetics.

The basic premise of BHS is the understanding that all matter is comprised of energy and that one way to approach physical disease and healing is through the energy system of the human body. In this holistic systems approach, illness is caused by an imbalance or blockage of energy in the human energy system and can lead to physical disease, suppression of emotion, distortion of mental perception, and diminution of spiritual awareness. Mind, body, emotion, spirit are all affected. The healer can assess the energy flow in each of the seven charkas, or energy centers of the client, and determine where the energy is flowing smoothly and where there is energy imbalance or blockage. If the chakras are closed or suppressed, they can't bring in the life nourishing energy of the Universe for the body and its organs to metabolize for life supporting activity.

Opening closed chakras and allowing a flow of energy requires personal growth work on the part of the client to process all the consciousness that is associated with the

> The purpose of healing is ultimately awakening, tapping into our vital creativity, furthering our soul's growth and unfolding our unique individuality. Through this awakening, we can move from a physically based reality to a consciousness-based reality where the focal point is our individual core essence.

new energy inflow. The purpose of healing is ultimately awakening, tapping into our vital creativity, furthering our soul's growth and unfolding our unique individuality. Through this awakening, we can move from a physically based reality to a consciousness-based reality where the focal point is our individual core essence. In the process of awakening we move from exploring our inner experiences (transformation), to awareness of higher levels of our being (transcendence), to becoming one with Divine Essence (transfiguration).

What distinguishes this "Hands of Light" healing from other alternative healing modalities is BBSH healers learn techniques to work with each level of the energy field, dissolve energy blocks in the aura, restructure lines of light which are templates for the physical body, and repair the energy field of chakras and organs so they can return to healthy functioning. BBSH healers also access the dimensions of the hara (intention) and core star (soul essence) as well as rigorously prepare for intense contact with their clients.

Photo by Angela O'Brien

To give you a sense of how this translates into the flow of a session, let's start with the first encounter. I prepare myself through opening my own charkas, setting my hara line of intention, opening my core star, and meditating before making contact with my client.

I kinesthetically feel the client's energy, identify the bioenergetic characterological typology which gives me clues to the client's early wounding, get a general medical and psychological history, including medication taken and physicians and other healers visited, and seek to understand the purpose of the visit and the desired result of the work.

Through high sense perception, a skill strongly emphasized and developed at the school, I "read" the energy of the client as she is on the massage table and determine the location of energy blocks. Often clients seek help with deeply held emotional blocks and their physical manifestations that impede their capacity to live a full and joyful life. Different conditions evoke different healing responses, but in general, I start the healing with a basic balancing and charging of the energy of the body, called a chelation, very lightly place my hands on the body at different energy points starting at the feet and make my way up the body touching each chakra or energy center. During this time, as the client lies quietly on the massage table, I function as a channel for the Universal Energy, using my energy system as a conduit for energy to the client.

Important guidance is often channeled to me from my Guides and those of the client, bringing relevant information about the client's situation, past history and path to health and well-being. Often significant discoveries and memories occur during the process of energy healing, and something shifts within the client. Some door to awareness is opened, and a new perspective on an old wound is gained. A transformation occurs; old defenses and habitual patterns of behavior are no longer necessary. An emotional release leads to a physical release and the body relaxes its armor. A shoulder no longer needs to carry the weight of the world and so can relax, dropping tension, dropping pain. Physical healing can then take place.

I have worked with several clients who have experienced early sexual abuse. In most cases, over a period of time, through a combination of pastlife healings and channeling in the energy of Unconditional Love, their bodies have been able to release long held blocks, emotional reactions, and deep fears that split part of them off from their core being. With gentle support and a new awareness of their inner fragmentation and numbing, they begin to heal through the process of growing conscious awareness and intentionality. They move toward a new possible future of wholeness, love, and creativity as their bodies come alive in the NOW moment.

For clients with serious physical or psychological conditions, it is important to work collaboratively with their physicians who are able to diagnose, prescribe necessary medication, and engage more conventional approaches, if necessary. BHS acknowledges its own limitations as well as the possibility of the energy healer working in collaboration with other trained health practitioners. To further this team approach, the BBSH has developed a graduate program in Professional Studies where healers participate in a structured clinical experience with a professional organization such as a hospital or research lab. Medical seminars by nurses, physicians and other health care practitioners communicating the symptoms, history, treatment, and healing response to specific illnesses are part of the standard curriculum at the 4-year program.

The BBSH is now licensed as a 4-year training program by the Florida Department of Education. This allows students to obtain student loans for costs of the program. BBSH is the first school of energy healing in the world to receive this type of official recognition. There are 15 healers doing Hands of Light work in Michigan, 4 in Ann Arbor, and 1000 graduates internationally. More information can be found on the BBSH website at www.barbarabrennan.com. I have infinite respect and admiration for the dedication of my fellow healers and highly recommend them for their integrity, skills, and training.

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Graduating from BBSH and initiating my energy healing practice in Ann Arbor has enabled my passion for global change to transform itself into a commitment to heal the planet, working with others who also long to bring in Love and Light and Awareness at this critical moment of human history. My work as a healer helps me to further pierce the veils between life and death that I had a glimmer of during the time of my father's passing. I am profoundly grateful to live and practice my healing work in Ann Arbor, a community so receptive, so open to new possibilities in every field of endeavor. I feel blessed by the connections here, across this country, and throughout the world to other Light Workers, raising our capacity as human beings through conscious awareness to levels we can just begin to fathom.

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Calendar of Events

Mateyo Empie: Shamanic Training	January 3-6
	January 17-20
Estela Monjo: Reclaiming the Feminine	January 11-13
Chris Tarr: Spring Equinox:	
Women's Spirituality Retreat	March 22-24
Jill Kelly: Heart to Heart: Human Divine Reunion	April 20-21
Wind Daughter: Women's Retreat	May 3-6
Barbara Billey and Patricia St. Louis:	
Reclaiming the Body as Sacred	May 17-19
P'arang Geri Larkin: Zen Meditation Retreat	June 25-July 1

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A Conversation with Holistic Physician Dr. Dennis Chernin about His New Book, *How to Meditate Using Chakras, Mantras and Breath*

Photography by Angela O'Brien

Dr. Dennis Chernin has a well-established reputation in the region as one of our leading holistic physicians. He practices family medicine at, and is the co-owner of, The Parkway Center, which is a center of holistically oriented, independent health care practitioners. He received both his MD and his Masters in Public Health from the University of Michigan. He did residencies in Psychiatry and Preventive Medicine, and he is Board Certified in Preventive Medicine. He is the Medical Director of the Lenawee and Shiawassee County Health Departments, and a lecturer at the U-M Medical School in the Complementary and Alternative Medicine Program.

Dr. Chernin is the author of two previously published books, one on holistic health, and one on homeopathy. His new book, How to Meditate Using Chakras, Mantras and Breath, has just been published. Dr. Chernin lives in the Ives Woods/Burns Park section of Ann Arbor with his wife of 26 years, Jan Toth-Chernin. She is the Director of Technology and Information, and the Librarian, at Greenhills School. They have three children: Abe is 23, Ethan is 19, and Ariana is 17.

Bill Zirinsky: Thank you for being willing to let me interview you, Dennis, about your new book.

Dennis Chernin: You're welcome.

Bill Zirinsky: You've written two other books? What were those about?

Dennis Chernin: Yes, this is the third book. The first book I wrote was *Homeopathic Remedies for Physicians and Laypeople*. I wrote that in 1977. Then the second book was a book called *Health: A Holistic Approach*. I wrote that in 1984. The first book, actually, is still on the market. It's still being produced by the Himalayan Institute. It was one of the first books written in the modern era of homeopathy, and has sold over 30,000 copies. The second book was on the market until about three years ago, when the Theosophical Publishing House through Quest Books sold their publishing company to somebody else and they decided not to continue to publish our book. In fact, my first book is in your bookstore. So this is my third book and then I've also created and wrote a CD ROM.

BZ: What is that called?

DC: That's called *Homeopathy Resource*. It's a compendium of 105 different remedies and 180 different illnesses that the remedies are used for. The computer program has four modules including a description of the system of homeopathy.

BZ: This new book is called *How to Meditate Using Chakras, Mantras and Breath*. What caused you to want to write this book?

DC: I actually started writing this book as an afterthought. I was preparing for a talk at Greenhills School because parents, teachers and students wanted to learn about meditation. When I was preparing for the class, I realized that there was a lot of the information out there that was not put together really well. I thought there were a lot of meditation practices described that weren't clear and precise. I didn't think that the philosophy went well with the actual meditation practices. I began to think about how I could orient the mindset for meditation a little more clearly. It just sort of happened. I wrote a couple of pages and from there I wrote a little bit more. After about two weeks of preparing, I had about 25 pages and I said, "That's interesting. I'm writing more than I originally intended; I'm going to see if I can take this further." And so that's how it happened. I didn't start writing with the thought of writing a book. I started preparing for a talk.

BZ: And who is this book for? Is this book for a beginning meditator or an advanced meditator?

DC: I started writing for beginners when I first started because that's who my clientele were at this particular talk. And as I went along, I realized that both beginners and intermediate and advanced students could also learn a lot because of the way the book was organized. The book evolved to the point where it has become a book for both beginners and more advanced students. People may have learned meditation 10 or 20 years ago from somebody but they don't really know exactly what they're doing. This book can help them organize their thinking and give them some practical meditation tools. It is also helpful for beginners who know nothing about meditation. It starts from A and goes all the way to Z with respect to the kind of practice that I do. It's actually a very specific and intricate kind of practice.

BZ: Does the book include a step-by-step walk-through for that beginning meditator, on how to meditate?

DC: Yes. I start the book with why we meditate, and what is meditation. Basically I define meditation, and describe the objects upon which we meditate. You just can't meditate on air, you have to meditate on an object. I talk about the philosophy of meditation, and the benefits of meditation from a physical, psychological, and spiritual perspective. I talk about some of the research that's been done on meditation. And then we move into more of the theoretical underpinnings of it: what is consciousness, what is the mind, what is the breath, what is the difference between meditation and concentration and what is kundalini, which is the energy that's latent within us when we meditate.

From there, I go into the specific practices. I start with hatha yoga exercises, and then breathing exercises, and then I go into some of the concentration techniques. And at the very end of the book, called *How to Meditate*, I actually present the meditation practice in full. By the time you actually learn the meditation in full, you have the background in terms of the philosophy and psychology. The actual meditation uses the theory that has been developed in the book. The ideas of the chakras, mantras, and yantras are all developed, and then the meditation uses these ideas in a very concise and systematic way.

BZ: I noticed in the book the section on hatha yoga coming before the section on practicing meditation. Could the beginning meditator follow the instructions to learn how to meditate without having to also begin a yoga practice?

DC: Absolutely. You can practice meditation without any yoga. The particular path that I practice is called raja yoga, which means kingly yoga, the royal path. It involves eight steps, eight limbs, all of which are important. The first path is called Yamas. The next path is called Niyama. These are observances and restraints, like don't steal, don't lie, don't cheat on your wife, don't eat things that make you feel sick. It talks about things like the importance of restraint and the idea of reading spiritual books; restraint on behavior, to eat well, to sleep well, and do the right things. They're kind of like the ten commandments of yoga.

The third limb is called hatha yoga, which are the actual physical postures. These postures are basically postures to help make the body more limber and help the body become strong, and help the body become supple. They basically are a preparation for meditation. Also involved with hatha yoga are the sitting postures: where to place the feet and how do you sit straight. In fact, hatha yoga postures if looked at from this perspective are really designed to help the individual learn to meditate. From this perspective, the real reason we do yoga exercises is to create a strong, healthy back and strong, healthy limbs, to help us sit well for meditation. The sitting postures of meditation are actually hatha yoga postures. You can sit on the floor or sit in a chair with your back straight. Your

From this perspective, the real reason we do yoga exercises is to create a strong, healthy back and strong, healthy limbs, to help us sit well for meditation. The sitting postures of meditation are actually hatha yoga postures.

posture needs to be straight so that you can concentrate and move the energy upwards through the chakras.

The fourth step in raja yoga is the practice of breathing exercises called pranayama. These help to strengthen the breathing processes so that you can sit for longer periods of meditation, so that breathing doesn't get in the way of the meditation but actually enhances the meditation. There are some more advanced breathing exercises that help to generate more energy to move upwards in the chakras, the energy centers of the body.

The fifth limb is called pratyahara, which is sense withdrawal, withdrawing the senses from the outside world. The sixth limb of raja yoga is the concentration technique, learning to concentrate the mind. The seventh one is meditation. The eighth is what is called Samadhi, or absorption. The sixth, seventh and eighth limbs of Raja yoga are …a continuum of mental focus.

BZ: The sixth being…

DC: Concentration.

BZ: The seventh being…

DC: Meditation.

BZ: And the eighth being…

DC: Absorption, Samadhi. Concentration means focusing the mind on one object, on one point. Meditation means sustained focusing of the mind on one point. Samadhi, or absorption, means absorption in the object of concentration, so there is the continuum. In the meditative process we learn to concentrate our mind, then we learn to sustain the concentration of the mind, then we learn to become absorbed in the object of concentration of the mind. I go over this in the book. I talk about how important this continuum is.

BZ: I was struck by the depth and the succinct and careful explanations of each of the elements that you were just referring to. I was also struck by how you had taken a lot of information about consciousness and synthesized it into something that was 150 pages of very precise explanation of meditation terms, meditation vocabulary, terms that are used a great deal but without people precisely understanding them, and with many people not knowing the relationship between them. Did the book represent a distillation for you of already acquired knowledge, acquired over the last 25-30 years, or was it something where you were doing research as part of writing the book?

> I'm very careful with my students before I suggest they practice breath retention. It amplifies anything you're experiencing at that moment.

DC: I'm really glad you've seen this because that's exactly what I was trying to do. I was trying to take 25-30 years of practice and distill it for people to help them understand what meditation is about. You can find these terms in a lot of books and some of them are really technical Sanskrit terms that no one understands. Sometimes people use them and they don't know what their meanings are. What I can do well is integrate. I can bring things together and make it understandable for people. I felt that one of my goals of this book was to help people understand the meditative process and to help them understand the terms and the philosophy of meditation in a concise way. I'm glad you picked up on that because that's what I was hoping would happen, to make something that is sort of incomprehensible to lots of people and help people understand it. It's a very dense book. There's no question about it.

BZ: I think that's right. Maybe dense isn't the right word. It's a very concentrated book. Dense might imply that it's hard to get through and I don't think it is. I actually think it's very concise and very concentrated. There's a lot of information and a lot of consciousness pulled together into this book.

DC: I've especially worked really hard on the idea of consciousness, probably weeks and weeks, to try to distill the whole idea of consciousness and the idea of what consciousness is and how does it form and how does it relate to meditation. I try to make it concise so there is a lot of information in this section. Each sentence, I think, is full of meaning. There is not a lot of extraneous wording in this book at all. I try to get to the heart of the matter.

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BZ: You write about koshas…the five levels of consciousness. You write about it in a very precise way. Can you talk about the five levels of consciousness?

DC: The five levels of consciousness refer to the fact that human beings exist on more than one or two levels. We all know in the western world that we live on a physical level and we also live on a mental level, and we can talk about our minds and our bodies. Some people understand that they are more connected than others. In the philosophy of yoga, Samkhya, Vedanta, and Tantra, they talk about levels of consciousness where we exist on more than just two levels.

We actually exist on five levels: one is the physical body, the dense part of us that we identify and see the most. The second is called the energy body, also called the body of the breath. The third is the conscious mind. The fourth is the unconscious mind. The fifth is considered to be the superconscious mind and there are terms in Sanskrit that relate to this. And within that is called the center of consciousness. In this particular analogy, each of the sheaths of consciousness obscure the more fine consciousness that lay within. You kind of look at it like concentric circles. As we exist on these five levels of consciousness it follows that we also have problems that are associated with those five levels. This is a very useful tool to understand medicine and health problems. And because we exist on specific levels and also have health problems associated with them, we can have modalities of treatments on these levels.

Let's take the energy body, for instance. We don't think about this in the western world very much. The energy body, also called the breathing body, connects the physical and the mental levels. All our energies, our consciousness, our activities and our abilities funnel through the energy body to get from the physical to the mental or from the mental to the physical. There can also be illnesses associated with the energy level and therapeutic modalities that can be used to treat them. The modalities that we use to treat the energy body are things like breathing exercises, homeopathy and acupuncture works on an energy level. Biofeedback works on the energy level. It's a level that we don't think about in the western world very much, but it's looked at a lot in the eastern world. For treatment of the physical body, we have all sorts of modalities: we have herbs, drugs, physical therapies, movement therapies, yoga and martial arts, and, of course, surgery. And on the mental level, we have treatments like psychotherapy and meditation.

BZ: You pointed out in the book that behavioral therapy was associated with the mental level more than the intuitive level.

DC: Right. Behavioral therapies are probably more associated here because we're consciously wanting to change certain habits or traits. When we get to the fourth level, that of the unconscious mind, we really are dealing with therapies that are more Freudian or Jungian. This involves analyzing the unconscious through dreams and different techniques that can draw out the more subtle parts of our consciousness. Meditation also can be helpful for this. When you get to the superconscious mind, which is also called the intuitive or blissful sheath, meditation really is the only kind of approach that can affect this level of awareness.

BZ: Have you continued the regular practice of meditation over most of these years?

DC: I have. I've practiced for 30 years. As I said in the preface, there are times when my meditation practice is really strong. I do it every day and often practice when I have a break between patients and whenever I can. And there are times in my life when I've gotten more distracted and have been less than consistent. I have gone a couple days without meditation. But through it all, I've always gone back to it. It's always been a mainstay in my life. Even when I'm not meditating as regularly as I'd like, I feel like I have a meditative perspective in my life, what I call meditation in action. When I look at the world, I try to focus my concentration. The more you practice, like anything you do, whether you're an artist or a musician or a book store owner, the more you practice, the more focused you become, the better you get at your work and the more you understand it. Meditation is an art like that. The more you practice, the more you understand what the benefits are. You learn how to focus your mind very, very quickly. I teach my students to do this also. Because you sometimes get distracted and get very busy and don't have the kind of luxury to spend as much time as you'd like on meditation, it is important to take the perspective of a focused mind and apply it to your everyday living. You sort of see things more clearly. This is also called karma yoga or the meditative path of action. Anyone who is good at what they do practices a form of meditation in action because they're focusing their mind on what they're doing. The sitting meditation goes even further than that because you actually try to get beyond thinking. You actually try to get to the point of just pure awareness. What that does is help you in your everyday living.

BZ: You really would want to have a teacher instruct you on how to do certain of the breathing techniques that you write about in the book. Is there anyone teaching raja yoga practices in the Ann Arbor area?

DC: There are a few people who I've talked to who I have I felt understand the depth and the importance of breathing properly. I do a lot of teaching of breathing myself. I have

HOW TO MEDITATE USING CHAKRAS, MANTRAS, and BREATH

by Dennis K. Chernin, M.D., M.P.H.

THINK Publishing, L.L.C.

been teaching more intensively the last 2 years, and have taught breathing techniques along with meditation to dozens of students.

BZ: So you have meditation students in addition to having a medical practice?

DC: Yes, I have private students. I do two things. I teach classes like the one I taught last year at Crazy Wisdom. I also have private students. In the private sessions we spend 45 minutes together. I usually recommend at least four sessions. Some people have been doing this once a week for 2 years. We do different practices together and I show them different things. We discuss the obstacles and what particular practices would be good for them. So, that's what I do with my students. It's really fun. I really enjoy it a lot. When you

This is especially true with more advanced practices, particularly breath retention. Many people have worked over the years with breath retention, which means doing the breathing exercises and holding your breath. It's a very advanced technique. My teachers were very careful before they encouraged me to start practicing breath retention. When the time was right, they felt I could start. And I'm very careful with my students before I suggest they practice breath retention. It amplifies anything you're experiencing at that moment. It intensifies whatever you're experiencing.

If you're the kind of person who is undergoing a lot of stress or you're an anxious person, you have to be careful about breath retention because that will amplify those emotions and feelings. This also applies to depression. This doesn't mean everybody must be perfectly healthy all the time because no one would ever be able to practice meditation, because no one is that way. But there has to be a certain degree of evolution of awareness and a certain attitude about how to deal with the stresses. The meditative process represents a gradual unfolding, where they're able to experience sadness or anxiety and then be able to let those feeling go. Learning to let it go is a meditative art – experiencing fully, but also not being trapped or enslaved by feelings or thoughts and moving beyond it. Once I see that happens in a student, I then begin to teach some of the amplification techniques, breath retention, and some of the more advanced breathing exercises.

BZ: This is very interesting. It goes to what your background is, your background is in psychiatry?

DC: Right.

BZ: But you have a general medical practice and you're also teaching people how to meditate, so that's an interesting combination of background and skill.

DC: Originally when I was a medical student, I was interested in a lot of the spiritual arts, nutrition and things like that. And when I did my psychiatry residency, I was studying with a teacher in Wisconsin. Actually, he was an American-born swami. He's a psychologist and wrote some really interesting books. He was a very smart guy and I learned a lot.

BZ: Is that Swami Rama or was he a student of Swami Rama?

DC: It was Swami Ajia, who was a student of Swami Rama. In my psychiatry residency, I began to explore different approaches to meditation in psychotherapy. Then when I met Swami Rama, he asked my wife, Jan, and I to come stay in Chicago and study with him. He was also a homeopath, so I studied homeopathy as well as meditation. He is the person that taught me how to meditate. I had learned to meditate before, Zen meditation and some Jewish meditation. He showed me some very specific techniques that he thought would be good for me. After I graduated medical school and finished my residency, I was ready to integrate the meditation and yoga and breathing into my practice. We actually had a clinic that was in the Chicago area.. We had an inpatient program where people would come for two weeks and we'd teach them all these different techniques for health care – people with MS or heart disease or anxiety disorders, whatever the problem was. We would have them come in and we would work with them intensively.

BZ: That goes to the heart of where I was going with that question. I would imagine that people get stuck in their own meditation practices, sometimes for reasons that need to be drawn out by somebody with psychological skills. It's interesting that you work as a meditation teacher and work with people on their breathing techniques, but you are also coming in with a psychological background, helping people to look at where they get stuck and why they are not moving forward. That's interesting.

DC: Yeah, thanks. I appreciate that. That's what I like to do. I could see eventually in my life moving to a point where I was doing less physical medicine, taking care of sore throats and ear infections, and doing more of psychotherapy and meditation in my practice. Perhaps I'll have fewer patients and with the patients I do have I would work more intensively and do more specific work. I do that now, but sometimes I get very busy with doing what normal GPs do. I enjoy that too, but I also could see this evolve into something different too.

BZ: Would you talk about the chakras? I know that's a general question.

DC: Yeah (laughs). Chakras are a fascinating subject. I've been interested in the chakras for forever. Basically, from a metaphoric perspective it offers a great paradigm for understanding the physical, psychological and spiritual aspects of an individual. Every chakra is associated with a physical gland or a plexus of nerves. It's associated with certain psychologic characteristics and a spiritual quality. By focusing, for instance, on the third chakra, around the navel, we realize it is associated with digestion, assimilation and metabolism on a physical level. Problems associated with the third chakra would be things like stomach problems, gastrointestinal problems, problems with the pancreas, adrenal glands, spleen and liver. On a psychological level, it's associated with issues of power and submissiveness and dominance, with respect to relationships and who has power. It's associated with building a sense of ego, who we are as a person. We're a part of the greater cosmos, but we're also an individual within the cosmos like a wave in the water – an individual wave, but also part of the larger ocean. So it's a sense of our self. On a psychological level, the third chakra is associated with people who are having trouble with identifying who they are, self-identity problems, people who are having trouble with relationships and power relationships, husbands and wives and who are determining how the relationship goes and how they feel about themselves and their relationship. Then on a spiritual level, it's associated with the sense of ego development. Again, how does one stay an individual, yet allow oneself to be more a part of the larger whole.

BZ: The book goes into each of the seven major chakras as well as three of the important but minor chakras?

DC: Exactly. Also, on a very practical level, I also present meditations based upon the chakras, which you've probably read about at the end of the book. It's a step-by-step development: first you work with the body, then comes breathing, then comes sense withdrawal and then comes working with concentration techniques. You go up the chakras using the sound vibration of a mantra, which is sound, and take energy from the lower chakras to the higher chakras. We visualize each chakra, developing a more complete picture as we go deeper into the meditation. I introduce the colors and the shapes of the chakras as we go further along. The meditation actually represents a sort of paradigm for understanding human consciousness, and it's also a way to concentrate and focus the mind.

> I've practiced for 30 years…There are times when my meditation practice is really strong. I do it every day and often practice when I have a break between patients and whenever I can. And there are times in my life when I've gotten more distracted and have been less than consistent. I have gone a couple days without meditation. But through it all, I've always gone back to it. It's always been a mainstay in my life.

BZ: You also talk about different mantras. Can one pick one's own mantra or do you have to have a teacher pick the mantra for you?

DC: That's a really good question. I think it's possible to pick your own mantra. I recommend, though, a teacher whom you trust and who gets to know you gives you a mantra. A lot of times we don't see ourselves clearly. It's sometimes difficult to see yourself clearly enough to know exactly what you need to evolve. Some people go see psychotherapists. Sometimes it's very helpful to have a person stand outside of you, look at you, understand you, and have a perspective to be able to give you suggestions and help bring clarity to you. I think the same thing applies to mantras. Mantras are very powerful. They are seeds. They engender a lot of energy when you use them. So you want to make sure that the mantra you use is one that works well for you, commensurate with whom you are physically, psychologically and spiritually.

BZ: I noticed that the mantras, and I may be getting this wrong…basically they rhymed with one another. They were all rhymed with the word "numb", such as ram, vam, lam, (with more of an "a" sound than a "u" sound) and they corresponded with the chakras. So does one's teacher pick one's mantra based on what chakra they want that student to be working with at a given time? And then do they change one's mantra after a while or just keep it?

DC: That's another really good question. There are different forms of mantras. And those mantras that are associated with chakras generally aren't used as a primary mantra except for the sound OM, which is the universal mother of all mantras, associated with the sixth chakra. There are mantras associated with the chakras purely used for specific purposes. Some of the other mantras like HREEM, KLEEM and STREEM are more often used for personal mantras. Another powerful mantra is the mantra SO HUM, the universal breath mantra. These mantras have a certain vibration and affect the mind and body in subtle ways.

For instance, if people are having trouble with a certain quality, such as having many desires and wanting too

> I learned to trust my own guru inside. And that's ultimately what you want. External people are always flawed, we all are. Every one of us is flawed. We all try; we all fail. But we need to learn to trust our higher source of power within ourselves.

A Conversation with Dr. Dennis Chernin (continued)

many things and it really traps them and they can't get beyond that, then a specific mantra may be prescribed. When they meditate, their mind keeps going to what the next acquisition is that they can have. There are certain mantras that you can use to help that type of person focus their concentration better and to help free them from that trap. So there are specific mantras for such purposes. You can never go wrong with using the OM sound. It's universal. It's always around with us. We can hear it if we listen quietly, reverberating through us. The SO HUM mantra is a wonderful mantra too. I think I talk about this in the book, about amen is a mantra. Jewish people often use shalom as a mantra. It also has the OM sound at the end.

BZ: You talked about the universality of that core OM mantra.

DC: It's a beautiful sound. Probably at Crazy Wisdom you sell some tapes on the OM sound and people do a lot of work with the OM sound. It's very, very primitive, and very raw. If you really listen quietly and you really quiet your mind, you can hear or experience the vibration OM. One of the first experiences of OM I ever had was very interesting. I had a personal mantra and then I was meditating with my teacher in a pretty large lecture hall. He was using the sound of OM. This was back in the '70s. I was sitting there and after he got done meditating, I continued to hear the sound. He produced the sound and I continued it to hear it reverberate inside of me. I went, "Whoa." It was very peaceful. I don't think I had ever been as peaceful and had that kind of feeling of bliss as I felt at that particular moment. I looked to Jan and I said, "This is really weird." And she said, "Yeah, this is pretty weird." She was hearing the same sound too.

> The more you practice, like anything you do, whether you're an artist or a musician or a book store owner, the more focused you become, the better you get at your work and the more you understand it. Meditation is an art like that. The more you practice, the more you understand what the benefits are…Anyone who is good at what they do practices a form of meditation in action because they're focusing their mind on what they're doing.

We walked around and were holding hands and feeling this vibration. I didn't notice anyone else as we were concentrating on the sound and then another fellow student of ours walked by us and smiled and said, "So you're hearing it too" (both laugh). That was the first time I had ever really heard the sound of OM inside. It was just a powerful, wonderful feeling. Somehow he was able to spiritualize or energize that sound so that we could hear it, and I suspect other people were hearing it too. He was a very powerful guy.

That's the other part of the idea of mantra that we talked about before, why it's nice to have another knowledgeable person suggest a mantra for you. Through the process of meditation you learn to concentrate energy. You can also transmit that energy to other people. As long as you do it in a way that's mutually agreeable, teacher to student, and there's trust, and no abuse of power, no power issues, no expectations, no ego, then the mantra can be spiritualized. It's called shaktipad. You supply energy to the mantra through your own energy, channeling the energy through you, giving the mantra potency.

BZ: You also wrote that it has to be done carefully by someone who is experienced.

DC: Very carefully. Unfortunately over the years some of the teachers have abused power. It's no different than the stuff you see on TV with the TV evangelists. They are powerful people who misuse power. Charisma is different and there are a lot of charismatic people who can energize, but do it with ego. You have to be careful and be thoughtful and watchful. This is just like anything in life, you have to know that your heart is pure and that your boundaries are clear. So that's the challenge, I think, in any of these disciplines. You've probably heard that some teachers have sexually abused or mentally abused their students, and I think that's a relationship that has to be always watched for. You have to be cautious and careful, and I'm very, very careful with what I'm doing. I try never to over step the teacher-student relationship. It's very clear what the expectations are when I teach meditation.

BZ: How are you going to go about reaching people with this book beyond this interview?

DC: That's the challenge. You were kind enough to help me the other day and take me through some of the places where I can market the book. As I said, this book just fell in to my lap. I started writing and creating it. I didn't think much about the marketing side and then finally when I was getting close to the end, I realized that I put a lot of time and energy into this thing. There's something inside of me that says, "Just go ahead and do it yourself." I probably could've found several different publishers that would be glad to publish the book, but I decided to do it on my own. I started a small publishing company to help me with the CD-ROM that I created a few years ago.

BZ: So there's a CD-ROM that goes with this.

DC: Well, the CD-ROM that I was talking about was the one on homeopathy. There is also a CD that goes with this book, too. I started my own publishing company and I think the hard part starts now in terms of how to market something like this? I feel like I have something to contribute. I feel the book is a good, concise but thorough analysis of meditation, and I think the meditation that's in the book is very clear and very helpful to people. The question is how do I get it into people's hands. Right now I'm in the process of gathering information about marketing, distribution and publicity.

The book will be published in mid-December. It's at the printer right now. I'm looking for distributors, I'm looking forward to this interview coming out, I'm going to try to get into some of the local newspapers, use book talks and lectures – hopefully at Crazy Wisdom. I'll do the local thing, going through the *Detroit News*, the *Ann Arbor News*. Hopefully someone will want to come talk to me.

BZ: As I understand it, there are two CDs that you can purchase along with the book. You can purchase the book alone or you can purchase it with these two CDs, which are instructional CDs.

DC: Exactly. It was interesting to do the CDs, because it took many hours. It's hard to create an environment where you sit and meditate and read the meditation and yet not have any um's or oh's or stutters. When you're sitting with a student, it doesn't matter. They're listening and sort of generally following. But when you have a CD, everything you say is amplified. So I was really surprised when I did the first take and heard myself make many mistakes. It took me lots of takes. Then you have to sort of sit and very carefully articulate what you want to say…

BZ: …at the right pace...

DC: …at the right pace…

BZ: …with the right pauses…

DC: …with the right pauses, with the right kind of energy transmission.

BZ: With the right energy transmission, which is probably the hardest part of it because at the same time you're busying your mind thinking about pace, pauses and articulation, you're also trying to put forth your consciousness on the CD.

Dennis Chernin at work at the Parkway Center. The center is home to physicians, chiropractors, psychotherapists, dentists, nutritionists, massage therapists, body-mind practitioners, and also to Castle Remedies.

DC: Exactly. Luckily the guy that was working with me was a guy named Doug Cameron. He works right around the block from you, on Liberty near Main Street. He was very patient. We did a lot of takes together. He is interested in meditation himself. He's a professional guy when it comes to this. So we worked it out. It worked out well. So I have two CDs, four meditations – first, second, third and fourth – that build on each other. The fourth is actually a compilation of the first three taken further. You can start any place you want, but you generally start at the first and then it builds on itself. I haven't decided whether to put one or both CDs in the back of the book yet. I'm for sure going to sell them independently and I'm sure I'll have at least one of the CDs in the book. The other thing that happened was one of my friends asked to help me. He is a famous drummer named Muruga Booker. Have you ever seen him?

BZ: I haven't, but that doesn't mean much.

DC: He's an interesting guy. He's played at Woodstock and he's played with Jimi Hendrix and played with Jerry Garcia and the Weather Report, as well as many others. He's sold hundreds of thousands of CDs with various drumming things that he's done. Brilliant guy. He was listening to the CDs and he said, "You need something here." I had an introduction and then I did the meditation. It said, "Hi, this is Dennis Chernin. Welcome to this meditation. I'm glad you came. Here is what the meditation is going to be like." And then the meditations start. Then I stopped and the second track was the meditation. He said, "You need some transition." So we had some ideas and sort of brainstormed around.

What we came up with was sort of taking the OM sound

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and looping it, the O and the M sound, and then he was in the background doing some drums and some cymbals. It almost sounded like a heartbeat. So we have this OM sound with a sort of underlying heartbeat, and it came out really nicely. It's a great transition between the introduction and the actual meditation. This OM sound that we created comes before each of the next meditations – the first, second, third and fourth. It also has led to our working on another CD together on mantras, too. It's kind of exciting. It's a whole other level. I play a little piano and harmonica, but I haven't done a whole lot of musical stuff in my life. He's a very spiritual guy too.

BZ: I wish you good luck with the book. It's really exceptional. It's clearly taken a lot of information and a lot of depth of understanding and you've put it into a very readable, concise format. I wish you good luck not only getting Ann Arbor people to read it…you could single-handedly shift the consciousness of Ann Arbor if enough people read it and use it…

DC: Thanks (laughs).

BZ: …but I also hope you can get some coverage for it in the national market, because there is not something quite like it out there.

DC: Thanks, I appreciate it.

BZ: Well, I see a very steady and continuing interest on the part of our regional customer base in beginning-stage meditation books. But I also see more advanced meditators seeking to develop and deepen their practices. Your book is suitable for meditators at each step in their process. You can come at the book from a number of different places…

DC: Well thanks. I appreciate that…You've probably noticed the Sri Yantra, in fact that's all over the book.

BZ: Yes.

DC: It's a phenomenally interesting design. It's considered the highest evolved yantra because it's a blueprint of consciousness.

BZ: I found that part of your book fascinating. You wrote that only someone who's been meditating a long time is given the task of meditating on that yantra…

DC: You have to be pretty serious about it. It takes time. To actually learn how to use the yantra with different sounds and visualize it, it takes a lot of concentration to do that. It has to be someone who is very, very serious about it and very interested in it. Supposedly, I can't verify this, but supposedly there are only a few people on the planet that have found a complete understanding of that particular yantra and use that. The point is to start at the outside of the yantra, then move inwards through the triangles into the inner circle, to the point in the center of the geometric pattern, which is the equivalent to your own center of consciousness.

BZ: Are you still part of any kind of community? You're a teacher obviously here in town, but are you a part of a community where you are still being brought along by a teacher?

DC: I've learned that the true teaching is within myself. I have other brother disciples, which I think is the best way to describe others on my path. I have a close relationship with an old Jesuit monk. He was at the Himalayan Institute when I was there and so he has been a kind of guide for me. When Swami Rama died and even before then, I sort of moved a little bit away from the organization. I tend to be less of an organizational kind of guy. Some of the politics of organizations really bug me, and I'm a bit of a lone wolf. That's why I practice medicine by myself.

I like to have community and relationships with people and that's important to me, but I sort of shy away from groups that get involved with power and struggling. In any group you get involved with you're going to see that happen. So I have loose associations and good relationships with a lot of people who were at the Himalayan Institute, who have their own little systems. That organization has branched out and formed smaller organizations. I have good relationships with pretty much all the people that are still doing this type of meditation. But I don't really have a living guru. When Swami Rama was working with me intensively, I learned to trust my own guru inside. And that's ultimately what you want. External people are always flawed, we all are. Every one of us is flawed. We all try; we all fail. But we need to learn to trust our higher source of power within ourselves. So we use other people to help guide us and then with the guidance it always comes back to ourselves.

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Prana and the *Nadis*

In meditation and yoga science, *prana* is the energy or life force of humanity. *Prana* is said to flow through various channels called *nadis*. Unlike the bronchial tubes that conduct air or the nerves that transmit electrochemical impulses, *nadis* are not anatomical structures. They exist on a more subtle level and cannot be seen by even the most powerful microscope. The *nadis* are somewhat similar to the meridians that are often described in acupuncture. The *nadis* can be perceived through the continual practice of *pranayama* and meditation when the obstacles of body tension, breathing irregularities, and rapidly changing thoughts are quieted and stilled.

In a larger sense, *prana* may be considered the funda mental active energy of the universe. *Prana* mainly enters the human body through the breath. Once in the body, *prana* flows to different locations and controls specific functions. The five *pranas* are: *udana*, *samana*, *vyana*, *apana*, and *prana* (the latter, though having the same name, also represents one of the subclassifications).

Type of Prana	Location of Prana	Function of Prana
Udana	Throat area	Speech, senses
Samana	Naval area	Digestion, metabolism
Apana	Anal area	Elimination, excretion, urination, exhalation
Prana	Chest area	Inhalation
Vyana	Entire body	Circulation of blood, lymph, nerve impulses

Udana is located in the area of the throat and is responsible for speech and control of the sensory nerves. *Samana* is located around the center of the abdomen and is responsible for digestion, metabolism, and assimilation. *Vyana* circulates throughout the entire body and is responsible for circulation of blood, lymph, and nerve impulses. *Apana* is located in the area of the anus and bladder and is responsible for elimination, excretion, and urination, as well as the exhalation part of breathing. *Prana* is located in the cardiac and lung region and is responsible for inhalation.

Pranic energy enters the body with the inspired air and immediately flows into the *nadis* located in the nose. Other portals of entry also exist, and as we learn to follow its movement, *prana* can be consciously drawn inwards at various locations such as the *chakras*, which are areas of intense and highly focused energy. Individuals deeply immersed in the practices of meditation say that there are approximately 72,000 *nadis*. Many *nadis* originate in the third *chakra*, located in the solar plexus area. Fourteen of these *nadis* are considered to be of greatest importance. These *nadis* flow and merge into certain concentrated areas such as the *chakras*. If the flow of *pranic* energy through the inspired air is regulated, smooth, and consistent, this is usually associated with good physical and emotional health. Abnormal rhythms are often associated with illness.

Pingala is the *nadi* associated with the right side of the body. It corresponds to active metabolic processes and sympathetic nervous system activity. Yogic meditation symbolism describes *pingala* as being masculine, energizing, and its symbols are the sun and light. As air enters the right nostril, the *prana* is conveyed to *pingala* located within the right nostril.

Ida is the *nadi* connected with the left nostril, the left side of the body, the parasympathetic nervous system, and the receptive and more feminine aspects of human nature. In meditative symbolism, *ida* is associated with darkness and the moon. Both *ida* and *pingala* cross each other as they travel from the nose down and up the body, intersecting within the *chakras*.

Sushumna corresponds to the central axis of the human body and represents the uniting and integration of *pingala* and *ida*. It is said to be located within the spinal cord of the physical body. *Prana* flows through *sushumna* when both nostrils are open and directing the flow of air evenly.

Meditation is most easily practiced when air and *prana* are flowing through *sushumna*. This leads to a relaxed body and a calm and focused mind. There are several breathing techniques that promote the entry of *prana* into *sushumna*. For example, alternate nostril breathing involves physically moving the breath from side to side in the nose with the goal of stimulating *ida* and *pingala*, so that the physical and mental functions associated with each are regulated and balanced. This breathing technique also helps to equalize the flow of breath and *prana* so that *prana* will begin to travel through *sushumna*. When this occurs, the most primal energy called *kundalini* is activated.[14] The subject of *kundalini* is discussed in greater detail in chapter 22, *Kundalini*.

***This section on* Prana and the Nadis *is excerpted from Dr. Dennis Chernin's new book,* How to Meditate Using Chakras, Mantras and Breath.**

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The Crazy Wisdom Calendar

Acupressure, Reflexology & Shiatsu

Self-Acupressure with Wasentha Young of Peaceful Dragon School of Tai Chi Chuan • Feb. 22, 6-8 p.m. • There are some easy steps that you can use to help relieve stress-related tension. This class will introduce some to the potent points on the meridians (energy pathways). With the touch of one's own hand, one can facilitate the release of tension promoting the circulation of one's Chi (internal energy flow) in that area. Students will focus on the techniques of Acupressure and the Acupressure potent points that release physical tension. $50. Call 741-0695; www.peacefuldragonschool.com.

Shiatsu at the Ann Arbor Institute of Massage Therapy with Jane Anderson • April 19-21, 8:30-5 each day • This introductory course of the Japanese healing art is a system for healing and health maintenance. With its beginning in 200 B.C., it is widely practiced today. In class, the students will learn basic oriental philosophy, location of meridians and some basic acupressure that can be integrated into other massage work. 21 CEU's. $350. Call 677-4430 ext. 21, fax 677-4520, aaimt@earthlink.com.

Reflexology Workshop with Gloria Zimet • Thursdays, Jan. 3-31, 6:45-10 p.m. or Wednesdays, April 10-May 8, 6:45-10 p.m. • The objective of this 16-hour hands-on workshop is to teach the fundamental skills of a thorough reflexology foot massage to those who would like to use these techniques to benefit friends and family. Different hand positions and movements will be demonstrated each week in an easy to learn and recall format, following the different organ systems of the body. After the demonstration, there will be ample time to practice these techniques on one another. Limited to 10 students. $260. Call 973-8290.

Animals & Healing

Energy Healing with Animals with Ray O. Golden of Center for Intuitive Health • Jan. 20-21, Feb. 10-11 or April 28-29; 9-6 Sunday and 7-9:30 p.m. Monday • This class is oriented toward working with animals. The first day is the traditional Reiki One class which can be waived if you have had Reiki from a traditionally trained Reiki Master. The second day is focused on using Reiki with animals. Only people are to attend. For cost, call 663-9724, intuitivehealth@aol.com.

Introduction to Animal Communication with Marliesa Back • Feb. 2, 10-5 • This class covers the basics of interspecies telepathic communication. Learn techniques to send clearer messages to your animals, and begin receiving messages back by working with a pendulum and with muscle testing. $80 with early registration discount available. Call 428-1451.

Animal Communication with Marliesa Back • Mar. 30-31, 10-5 • One day 1, we use guided meditation to learn simple, safe techniques and principles for telepathic communication with animals and humans, along with some basic psychic hygiene. One day 2, we practice communicating with animals that are present, absent or transitioned and share experiences with the group. Some exposure to animal communication or other intuitive work is recommended prior to taking this class. $150 with early registration discount available. Call 428-1451.

Art & Craft

Greeting Card Making Workshop with Carol Morris • Ongoing beginning Feb. 1 • Find the joy and fun in greeting card making parties. Make valentines or other seasonal cards for your friends and loved ones. Limited to small groups of five or less. Fee includes all materials including card stock and envelopes as well as access to tools and supplies from the overstocked artist's studio. $20 per two hour session. For exact dates and times, call 761-5616.

Artist's Way

Artist's Way Groups with Sue McDonald • 12 Tuesdays, Jan. 8-Mar. 26; 1-3 p.m. or 6-8 p.m. • These groups are small and are based on Julia Cameron's classic work on creativity, *The Artist's Way*. They are designed to foster meaning in life through the creative spirit and are appropriate for both professionals and non-professionals who are engaged in the arts or would like to be. $20-$25 per session. Call ??

The Artist's Way with Jill Blixt • 12 Mondays starting Jan. 28, 6:30-9:45 • The Artist's Way is a proven, powerful process that helps individuals unlock their creativity and authenticity and transform their lives. It is designed for anyone interested in finding their true voice - that part of themselves they know is buried and yearns to be set free. This workshop uses writing, painting, collage, music and image making to explore and reclaim personal creativity. It is for anyone who wishes to create a handcrafted life no matter what form it takes. For cost, call 665-4577, jillblixt@aol.com.

Midwife and Childbirth Educator Sierra Hillebrand

What I love about being a midwife is the opportunity to work with families during such a special time in their lives. Pregnancy and the birth of each child bring about miraculous transformation for parents and other family members. The childbearing year can also be an opportunity for people to develop the inner wisdom that will guide them through the rest of their lives as parents. As a midwife and birth educator, I feel honored that I can help people to give birth in a way that reflects their own needs and values, thus honoring that deep wisdom at the beginning of the parenting journey.

Vein of Gold with Jill Blixt • 12 Tuesdays starting Jan. 27, 6:30-9:45 • Take the transformative power of The Artist's Way deeper with a process based on Julia Cameron's sequel entitled *The Vein of Gold*. Explore your authentic self and your heart's desires through writing, collage, treasure mapping and many other creative alchemy activities. Come mine your own vein of gold. This workshop is for those who wish to deepen their creative self-exploration. $30 includes supper and art supplies. Call 665-4577, jillblixt@aol.com.

Assertiveness Training

Assertiveness Training for Women with Sandy Prochzaka • Mar. 6, 7:30-9 p.m. • Learn how to express your beliefs and feelings. Common barriers to assertiveness will be discussed. $5. Call Sandie Schulze of St. Joseph Mercy Hospital at 712-5400 or 800-231-2211.

Astral Travel

Astral Travel with Penny Weaver • Thursdays, Feb. 21-Mar. 14, 8:30-10 p.m. • Travel to another dimension to gain spiritual understanding and improve your life situation. Experience renewed and increased energy on a bioenergetic level. This process will help actualize your goals, health, wealth and love. Prerequisite: Meditation I Class. For cost, call 248-374-1070, pennyweaverj@aol.com.

Astrology

Introduction to Astrology with Bon Rose Fine • 10 Thursdays, Jan. 31-April 11; 7:30-9:30 p.m. • This course is designed for first time students who want a strong foundation in understanding basic astrological concepts, ideas and principles. Class focus is on comprehending and recognizing keywords for all planets, signs and houses. Limited class size. $100 with early registration discount available. Call 434-4555, bonrosefine@aol.com.

ASGOWC's Open House Tea and Book Sale sponsored by the Astrology Study Group of Washtenaw County • Jan. 13, 3-5 • Please join the ASGOWC for an open house with tea and refreshments. We will also be offering for sale books on astrology from the estate of the late Robert Rahoul Greene, a beloved member of ASGOWC. The proceeds from this sale will be donated to the Lighthouse Center of Whitmore Lake, Bob's spiritual community. No charge. Call 434-4555, bonrosefine@aol.com.

Meetings of the ASGOWC with Bon Rose Fine, Coordinator • Jan. 27, Feb. 24, Mar. 24, April 28; 3-5 p.m. • The ASGOWC is an informal and friendly gathering of serious astrology students and professionals who have been meeting since 1994. They use their association for networking, engaging speakers, book recommendations, and astro-babbling (cheerfully chatting about astrology). During their monthly meetings, discussions focus on delineating members' natal charts, reviewing astrological basics, and presenting special reports on matters of interest to astrologers. They are often joined by long-time are professionals such as Richard Smoot and others. Astrologers of all levels welcome. No charge. Call 434-4555. bonrosefine@aol.com.

A Double Feature: Cycles of Saturn and Solstice Points with Richard J. Smoot, sponsored by the ASGOWC • Mar. 10, 3-5 p.m. • Two lectures for the price of one! The planet Saturn serves as a sage, teacher and enforcer at particular stages of our lives. This lecture is geared for the non-astrologer and offers insights on how to benefit from the lessons of the Cycles of Saturn. Solstice Points is about a surprisingly simple technique almost always overlooked by astrologers, and seldom used or considered. Solstice points provide a whole new dimension in understanding the character and personality in an astrological interpretation. $10. Call Richard at 484-1897 (evenings), smootfish@aol.com.

Understanding the Soul's Mission with Ricki Reeves, sponsored by the ASGOWC • Feb. 9, 10-4 with an hour lunch break • A look at the natal chart from a karmic perspective to understand what one came here to do this time around. Advance registration needed. $35 with early registration discount available. Call Bon Rose Fine at 434-4555, bonrosefine@aol.com.

Making Sense of the Dignities, Detriments, Exhaltations and Falls with Bon Rose Fine, sponsored by the ASGOWC • April 14, 3-5 p.m. • All of the planets have certain signs in which they can more fully express themselves, and other signs which make their behaviors more difficult to manifest. This lecture is a light-hearted but level-headed approach for better understanding the reasoning behind this traditional system of classifying the planets, and offers a helpful perspective in recognizing how personal style affects behavior. $10. Call 434-4555, bonrosefine@aol.com.

Beauty

Facing the Options with Nina Howard and Anne Taylor • Mar. 7, 7:30 p.m. at Crazy Wisdom Meeting Room • Nina Howard and Anne Taylor will present a lecture in question and answer format for the challenges we face concerning our skin, and will present holistic solutions, anti-aging treatments and product ingredients which help us with facial rejuvenation. $10, applied as credit at Bellanina Day Spa. Call Nina Howard at 747-8517, nina@bellanina.com.

Benefits, Galas & Silent Auctions

Annual Auction to Support Those in Need at Zen Buddhist Temple • Feb. 10, 12:30 p.m. • All are welcome to join in this wonderful auction of goods and services provided by members of the Zen Buddhist Temple. Gardening, housekeeping, childcare, painting, food, arts and crafts, and guided tours are just some of the things which have been offered in other years. A great time, good deals, and a chance to help support an area group that does good work in our community. Call 761-6520.

The Wild School Awards, Celebrating Human Genius at Henry Ford Museum with Upland Hills School • April 13, 5:30-9:30 p.m. • Celebrating rare and profound achievements by individuals who have made exciting and valued contributions to our communities by stepping outside the boundaries of convention! In this first awards event, we will be acknowledging Paul Winter (musician, composer, musical explorer), Buckminster Fuller (inventor, poet, mathmetician, dreamer), Susan Collin Marks and John Marks (founders and executives of Search for Common Ground) and Elizabeth Grossman (UHS alumnus and supervising attorney for Equal Employment Opportunity Dept. in New York City). Event includes dinner, presentations by award recipients, music by Paul Winters and Upland Hills school children, and silent auction. Proceeds support non-profit organizations associated with host and awards recipients. $150 per ticket. Call Phillip Moore or Judy Piazza at 248-656-1071, www.uplandhills.org.

Bodywork

Introduction to Polarity Therapy Level I with John Bodary, Maureen Frisbee, Karen Kerns, Sandra Papiez and Renee Rutz • 8 Mondays, Mar. 4-June 17; 6:30-10:30 p.m. • Polarity Therapy deals with basic concepts of the flow of energy in the human system. Both theory and hands-on palpation of energy are taught to increase the student's awareness of energy flow. The work is based on the concepts developed by Dr. Randolf Stone. $700. Call Polarity Center at 313-582-5034.

Discover Trager with Eileen Dickinson • Jan. 10, Feb. 19, Mar. 13 or April 9; 7-8:30 p.m. • Introduce yourself to a new way of feeling and moving during this talk/demo on the Trager approach to bodywork and movement education. Learn self-care movements that promote effortless ease and softness in the body and mind. Free. Call 717-4145, edickins@umich.edu.

The *Feldenkrais* Method (First in a Series of Three) with Nancy Denenberg through Ann Arbor Institute of Massage Therapy • Feb. 2, 9-5 • The *Feldenkrais* Method approaches the individual as a learner, not as a client or a patient. Promoting active learning will make the effects of your sessions more meaningful, useful and long-lasting. We will experience and practice using language, touch and the physical environment to create opportunities for sensory motor-learning. Because humans have a rich evolutionary history of learning, we will include ancient phylogenetic movement patterns as well as developmental movements and daily functional motions. 7 CEU's. $150. Call 677-4430, fax 677-4520, aaimt@earthlink.com.

> Argue for your limitations, and sure enough, they're yours.
> - Richard Bach

Introduction to CranialSacral with Charles Ulmer of Upledger Institute through Ann Arbor Institute of Massage Therapy • Mar. 16 and 17, 9-5 p.m. each day • Here is your opportunity to sample the Upledger Institute's CranialSacral Therapy I (CST) workshop studied by more than 40,000 healthcare practitioners worldwide. This 12-hour program is a mix of lecture, demonstration and hands-on practice designed to teach you the benefits of CST along with some basic techniques you can use in practice and for your own benefit. CEU's available. $249. Call 677-4430, fax 677-4520, aaimt@earthlink.com.

Posture and Self: An Alexander Technique Workshop with Michelle Obrecht • Feb. 2, Mar. 2, April 13; 10:30-12:30 at Crazy Wisdom Meeting Room • Learn some simple tools based on the Alexander Technique to help you shed self-defeating and potentially painful postural habits. Achieving your full spinal length and taking up your full space brings you closer to becoming your most powerful self. Limited enrollment allows each participant to receive hands-on work. $25. Call 913-9719, jasobr@earthlink.net.

Toning and Tuning with Nancy Denenberg • 13 Thursdays, Jan. 17-May 2; 7-8:30 p.m. • "No sweat" toning exercise for your as and pelvic floor (Kegels). Gentle movement for fine tuning your balance, coordination and self-image (*Feldenkrais*). This is both a weekly *Feldenkrais Awareness Through Movement* class and a companion to Kegels Plus class. $12 or $40 for any four classes. Call 761-1514, nancyd@corsa-inst.com.

***Feldenkrais*: Focus on Balance with Nancy Denenberg • Jan. 27, 1-2:30 p.m. •** We will safely challenge our balance by playing with rollers, big balls and wedges. We'll do movement lessons to help the feet, ankles and hips become more skillful in balancing. Follow-up practice offered in Toning & Tuning class. $16. Call 761-1514, nancyd@corsa-inst.com.

***Feldenkrais*: Cross-Training for Dancers, Martial Artists and Others with Nancy Denenberg • Mar. 17, 1-2:30 p.m. •** You'll get to lie down, relax and be verbally guided through carefully structured movement explorations. You will learn to let go of some of the unconscious movement habits and postures which prevent you from performing as easily as you would like. Follow-up practice offered in Toning & Tuning class. $16. Call 761-1514, nancyd@corsa-inst.com.

Somatic Re-Integration for Lay-Healers with Ryan R. Wilson • Feb. 9, 9:30-4:30 and Feb. 10, 9:30-1:30 • This seminar is devoted to assisting you in becoming aware of and cultivating your latent powers of healing, present within us all, in order to self-heal and to guide your children, parents, spouses or friends in their process of rejuvenation. Throughout history, there have always been individuals in nuclear groups of families, tribes and clans that possess an intimate knowledge of medicinal practices and who share their gifts to aid other members in healing. In our society, much of that passed-down wisdom has disappeared as an integral part of the family structure. Through the method of Somatic Re-Integration, we invite you to re-learn simple, yet powerful, hands-on intuitive healing techniques that can assist you in assisting others to be free of pain and enjoy greater well-being. $119, couples $89 per person, parent/child over 18 $89 per person. Call Raevan at 975-9429, wuyaodao@aol.com.

Rolfing: A Gentle Approach with Leland Austin • Feb. 4 and April 22, 6-8 p.m. • Often perceived as painful, Rolfing has evolved into a gentler process of unwinding and creating length within the body's myofascial web. Releasing patterns of restriction within the fascia evokes a taller, more graceful body in which inner strength, adaptability, and centeredness replace armoring and tension. A hands-on presentation for interested persons who desire the opportunity to experience a gentler Rolfing touch. Questions and discussion welcome. Free. Call 741-0038 at least 24 hours before presentation.

What is Healing Touch? with Karlta Zarley • Jan. 9, 7-8 p.m. • Have you heard of Healing Touch? Do you wonder what it could do for you? Learn how it can bring your life into wholeness and balance. $5. For reservation, call 433-9333.

The Crazy Wisdom Calendar

Buddhist Teachings & Buddhist Meditation

Guide to Bodhisattva's Way of Life with Rimpoche Nawang Gehlek of Jewel Heart • Ongoing Tuesdays, 7:30 p.m. • These teachings are based upon the text, Guide to the Bodhisattva's Way of Life, by the 8th century author, Shantideva. A bodhisattva is one who has committed her or his entire life to becoming enlightened in order to help all beings become free from suffering. All are welcome. Donations accepted. Call 994-3387, office@jewelheart.org.

Meditation with Jewel Heart Staff • Ongoing Sundays, 10-11 a.m. • Concentrated meditation, taught in the Tibetan Buddhist tradition, brings awareness while stabilizing the mind. A tamed and trained mind provides the ability to unshakably hold focus on any subject or object as well as serves as the basis for deeply integrating any realization gained through analysis. Open to beginners through advanced. Donations accepted. Call 994-3387, office@jewelheart.org.

White Tara Practice with Jewel Heart Staff • Ongoing Sundays, 11:15-12:15 with First Sunday instruction Jan. 6, Feb. 3, Mar. 10, April 7 • White Tara practice is a meditation with visualization techniques focused on the healing and long life qualities of White Tara, the embodiment of enlightened compassionate activity. Instruction and guided meditation of this practice available each first Sunday of the month. All are welcome. Donations accepted. Call 994-3387, office@jewelheart.org.

Odyssey to Freedom Audio Broadcast from New York with Rimpoche Nawang Gehlek of Jewel Heart • Thursdays, 7:30 p.m. • The Lam Rim concentrated into an essential outline form, Odyssey to Freedom serves as a meditational point of reference, guiding us as we individually integrate the teachings of the Buddha into the everyday context of our contemporary lives. Donations accepted. Call 994-3387, office@jewelheart.org.

Lam Rim with Sandy Finkel of Jewel Heart • Jan. 20, Feb. 17, May 5; 1:30-3:30 p.m. • The Lam Rim is the essence of all the Buddha's teachings laid out in a step by step fashion. Through analysis and meditation of its points, one develops realistic tools to apply to the challenges of everyday life ultimately directed to the attainment of Buddhahood for the benefit of all. All are welcome. Donations accepted. Call 994-3387, office@jewelheart.org.

Sunday Services at Zen Buddhist Temple • Sundays, Meditation Service 9:30-11 a.m. or Dharma Service 5-6:30 p.m. • Morning meditation service consists of two periods of meditation followed by chanting and a talk. Afternoon dharma service has two shorter periods of sitting meditation, sometimes walking meditation, reflection, chanting and a talk. All welcome. By donation. Call 761-6520.

Introductory Zen Meditation Course at Zen Buddhist Temple • Five Thursdays beginning Jan. 10, Mar. 7 and April 18; 6:15-8:30 p.m. • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself and not the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration and mindfulness practice. $120 or $100 students. Call 761-6520.

Buddha's Enlightenment Day at Zen Buddhist Temple • Jan. 11, sit from 8-10 p.m. and/or 10-midnight • After midnight, please stay until 4 a.m. Open to all. Please bring an offering of flowers, fruit, candles, nuts, incense, dried fruit or money. Inspired by Shakyamuni Buddha, who sat under the Bodhi tree in ancient India and came to freedom. Call 761-6520.

Zen Meditation Retreat at Zen Buddhist Temple • Feb. 15-16 and Mar. 15-16, Friday 7 p.m. to Saturday 5 p.m. • Sitting and walking meditation, simple manual work, vegetarian meals and rest - an interval of silence and mindfulness. $60 includes overnight accommodation and vegetarian meals. Call 761-6520.

Overnight Introductory Meditation Course at Zen Buddhist Temple • Mar. 8-9, Friday at 7 p.m. through Saturday at 4 p.m. • This format is primarily intended for out-of-towners, but local people who cannot attend the Thursday evening course or who prefer the overnight retreat are also welcome. $160 includes accommodation and vegetarian meals. Call 761-6520.

Yongmaeng Chongjin - Intensive Practice Retreat at Zen Buddhist Temple • April 4-7 • An intensive retreat that includes sitting and walking meditation, personal interviews, work practice and dharma talks. Led by Haju Sunim, Zen Master and Resident Priest at the Temple. For more information, call 761-6520, a2buddha@aol.com.

Insight Meditation Workshops and Retreat through Deep Spring Center • See listings in Meditation section. For information, call Deep Spring Center at 971-3455, info@deepspring.org.

Ceremonies, Celebrations, Festivals & Rituals

Book Publication Party and Reception for Dr. Dennis Chernin's New Book: *How to Meditate Using Chakras, Mantras and Breath* • Saturday, February 16, 4-6 p.m. at Crazy Wisdom Tea Room • We're celebrating the publication of local author and physician Dennis Chernin's new book. The community is invited to come, talk with Dr. Chernin, and enjoy a Saturday reception at Crazy Wisdom. Hors d'oeuvres and beverages served. Free. For more info, call the store at 665-2757.

Year-End Service: Kindling Light of Wisdom Mind/Candlelighting Service at Zen Buddhist Temple • Dec. 31, 7 p.m. • An occasion to step back from one's worldly involvements and take stock of one's life. All welcome. Call 761-6520.

New Year's Day Service at Zen Buddhist Temple • Jan. 1, 11:30 a.m. • Start the new year right. Call 761-6520.

Celebrate Candlemas at Crazy Wisdom with Carol and Heather Karr • Jan. 24, 7 p.m. • Celebrate the earliest whisperings of springtime as we plant the seeds of our hopes and dreams for the upcoming months. Free with pre-registration requested but not necessary. Call Carol at 665-2757 or 717-0559, carolkarr@mediaone.net.

Imbolc Ritual with Shining Lakes Grove • Feb. 2, 2-5 p.m. • Join us as we honor Brid, our goddess of the hearth and community. The ritual will be followed by a potluck, raffle, and intelligent conversation with interesting people. Everyone is welcome to this family-friendly indoor ritual. Free. Call 697-2514, robh@cyberspace.org.

Spring Equinox Celebration with Visitation Staff • Mar. 20, 7:30 p.m. • A time to join with others in joyfully proclaiming the Spring balance of the light and the dark in our universe. For cost, call 734-242-5520, visitation@teleweb.net.

> Although the world is very full of suffering,
> it is also full of the overcoming of it.
> - Helen Keller

The Spring Equinox with Esther Kennedy and Kathleen Schanz of Weber Center • Mar. 20, 7:30-9 p.m. • At the Vernal Equinox, the northern and southern hemisphere receive the same amount of sunlight and the hours of the day and night are equal. Ancient people celebrated Equinox as a time of new life, of balance and yet, intense change. This night we will attune our lives to the rhythms of the cosmos and dance the balance of light and dark, and of seeing and not seeing. For cost, call 517-266-4000, fax 517-266-4004, webercenter@admc-op.org.

Celebrate Spring Equinox/Ostara at Crazy Wisdom with Carol and Heather Karr • Mar. 21, 7 p.m. • Celebrate the first true day of Spring. Free with pre-registration requested by not necessary. Call Carol at 665-2757 or 717-0559, carolkarr@mediaone.net.

Spring Equinox Ritual with Shining Lakes Grove • Mar. 23, 2-5 p.m. • Join us as we honor Ana, goddess of the Huron River, and bless our sacred wheat seeds for the coming year's crop. The ritual will be followed by a potluck, raffle and merriment. Everyone is welcome to this family-friendly indoor ritual. Free. Call 697-2514, robh@cyberspace.org.

Holy Week Triduum Celebration with Visitation Staff • For more information, call 734-242-5520, visitation@teleweb.net.
Mar. 28: Holy Thursday Eucharist and common meal at 6:30 p.m.
Mar. 29: Good Friday Service at 1 p.m.
Mar. 31: Easter Sunday Celebration at 8 a.m.

Celebrate Beltane at Crazy Wisdom with Carol and Heather Karr • April 25, 7 p.m. • Beltane is the second principal Celtic festival (the other being Samhain). Celebrate the return of Summer with us. Free with pre-registration requested but not required. Call Carol at 665-2757 or 717-0559, carolkarr@mediaone.net.

Sunday Candlelight Healing and Meditation Ceremony through Lighthouse Center • Weekly, 6-7:15 p.m. • Candle lighting, Sanskrit chanting, healing, mantra meditation, affirmations and visualization. Reiki healing during meditation for all who wish it. No cost. Call Prachi at 734-449-4381.

Dimensions in Light Festival through Lighthouse Center • Sunday, Mar. 17, 11 a.m.-7 p.m. • Second largest metaphysical festival in Michigan with vendors, readers, bodyworkers, ear coning, aura photography, health products and free lectures. Volunteer and get in free. $5 admission. Call Nirmala at 663-2218.

Channeling

John Friedlander Channels Mataji (a version of Seth) • Mar. 5, 7:30 p.m. • John Friedlander will channel a being called Mataji. Mataji is both a feminine version of Seth (the entity that Jane Roberts channeled), and a combination of the energy from the lineage of Yogananda Paramahansa. Many find that just being in the energy during a Mataji channeling touches their soul and often brings great spiritual healing. This two-hour program has four parts: a healing energy channeling, a discourse on a subject of current relevance such as male/female relations or global trends, questions from the audience on the discourse topic, and personal questions from the audience if time allows. $15. Call Anita at 741-0478, mckays@concentric.net.

Crystal Clear Expressions Channeling Evening: Messages for the Millennium with Nanci Rose Gerler • Jan. 7, Feb. 4, Mar. 4, April 1; 7-9 p.m. at Crazy Wisdom Meeting Room • Psychic Nanci Rose Gerler channels messages of personal empowerment and spiritual guidance for this era of change. Receive inspiration and healing energies from angels and masters, designed to resonate deeply with each in attendance. $15 or donation. Call 996-8799.

Open House Channeling Sessions with Aaron • Jan. 30, Feb. 13, 27, Mar. 13, April 17, 24 • Aaron is a "Being of Light," a deeply loving and wise spirit who teaches with humor and compassion. He is channeled throughout the world by Barbara Brodsky, whose home is Ann Arbor. At each weekly session, Aaron will give a talk and there will be a time for questions and answers as well as a social period. Donations accepted. Call Deep Spring Center at 971-3455.

A Channeled Evening with Jacob with Judy Crookes • Thursday Jan. 10, Wednesday Feb. 6, Wednesday Mar. 6, Thursday April 4; 7-9:30 p.m. at Crazy Wisdom Meeting Room • An evening with Jacob is a special time with a wise, gentle, loving and humorous teacher. Jacob is a nonphysical energy who usually speaks to each individual during the course of an evening. They will also give a short talk, take questions and do a guided meditation. Donation. Call 913-4927, jacrookes@aol.com.

Mother Mary Message Circle with Shala Kilmer • Jan. 12, 7-9 p.m. • You will receive personal messages from Mother Mary channeled by Shala Kilmer. Find out what Mother Mary has to say just to you. In addition, you will have a chance to ask her one questions. $30. Call 248-258-8287, www.intuititionpath.com.

Ghandi Message Circle with Shala Kilmer • Mar. 16, 7-9 p.m. • Shala Kilmer will channel Ghandi. Receive messages about the state of the world as well as information for yourself. This will be a fun and fascinating evening. $30. Call 248-258-8287, www.intuititionpath.com.

Taking the Mystery Out of Channeling with Shala Kilmer • Mar. 18, 7-8:30 p.m. • Discover the benefits of voice channeling for getting answers that make good sense. Find out how channeling happens and receive a demonstration of channeling from Shala who is an open-eyed channel. This is part of Metaphysical Musings at the Church of Today. Love offering. Call 248-258-8287, www.intuitionpath.com.

Basic Channeling with Shala Kilmer • 8 Tuesdays beginning Mar. 26, 6:30-9:30 p.m. • Channeling is the easiest, clearest way to get messages from the spirit world. This course will teach you to channel with ease or increase your proficiency. Limited to 10. $335 plus $4 book. Call 248-258-8287, www.intuitionpath.com.

A Meeting with the Masters with Shala Kilmer • Mar. 23, 10-3 • Shala will channel Master Teachers who can answer your questions. Areas include relationships, money, health, career and life purpose. Limited to 10. $75 includes noon meal and snacks. Call 248-258-8287, www.intuitionpath.com.

Chanting

Annual Chanting for World Peace at Zen Buddhist Temple • Feb. 11-16 • Just as the longest journey begins with a single step, so peace in the world begins with your commitment. Join us as one or more of the sessions: 7-7:30 a.m., Noon-12:30 or 7-7:30 p.m. Call 761-6520.

Childbirth

Birthing in Awareness with Sierra Hillebrand • Birthing in Awareness is a wholistic childbirth preparation series inspired by Birthing from Within, by Pam England and Rob Horowitz. Class content is a balance of practical, useful information and introspective multi-sensory experience. Topics include pain coping practices, strategies for birth partners, coping with unexpected events, baby care basics and more. $185. For dates and times, call 995-8759.

Holistic Childbirth Preparation with Patty Brennan of The Holistic Midwifery Institute • Tuesdays, Jan. 15-Feb. 19 or Mar. 19-April 23; 7-9:15 p.m. • Share in a midwife's experience with normal birth. Six-week series prepares woman and her partner for birth at home or in the hospital. Parents are encouraged to focus on prevention and wellness and make informed choices. Suggestions regarding the safe use of herbal, homeopathic and other natural therapies included. $175 per couple. Call 663-1523, patty@holisticmidwifery.org or www.holisticmidwifery.org.

> What is life? It is the flash of a firefly in the night. It is the breath of a buffalo in the wintertime. It is the little shadow which runs across the grass and loses itself in the sunset.
>
> - Crowfoot

Doula Skills Training and Certification with Patty Brennan of The Holistic Midwifery Institute • Feb. 21-24, Thursday 6-10 p.m. and Friday-Sunday 9-5 • Become a Professional Birth Assistant. This class prepares you to provide sensitive, knowledgeable and skillful care as a doula in hospital, birth center or home birth settings. Topics include labor support strategies, holistic therapies for doulas, labor massage, essential communication and advocacy skills, breastfeeding support and more. Benefit from association with an established local Doula Referral Network. No previous medical training required. $350 with early payment discount available. Call 663-1523, patty@holisticmidwifery.org.

Postpartum Doula Care and Breastfeeding Counseling with Patty Brennan of The Holistic Midwifery Institute • Jan. 20, 9-5 • Class focuses on holistic support measures for breastfeeding mothers and their babies. Emphasis will be placed on the use of herbs, homeopathic remedies, flower essences and more to speed the normal course of postpartum healing and to troubleshoot special concerns. Benefit from association with an established local Doula Referral Network. No previous medical training required. $100 with early payment discount available. Call 663-1523, patty@holisticmidwifery.org.

Postnatal Yoga with Babies with Marlene McGrath • Fridays beginning Jan. 11, 10:45-Noon • Postnatal classes focus on postures for realignment, strengthening, toning and restoration in a setting where infants are welcome. $56 for 7 week series or $10 drop in. Call 930-1970, marmamalia@yahoo.com.

Prenatal Yoga with Marlene McGrath • Fridays beginning Jan. 11, 9-10:30 a.m. • Prenatal yoga classes focus on easing physical discomfort and establishing trust in the body through postures, breath awareness and relaxation. $56 for 7 week series or $10 drop in. Call 930-1970, marmamalia@yahoo.com.

Prenatal Partner Yoga Workshop with Marlene McGrath • Jan. 26, 2-4 p.m. • Learn postures that will help you to use gravity and the breath to relax and open during labor and birth. Birth partners will learn how to assist with posture, movement and relaxation. Time for questions and discussion will keep the workshop interactive and a fun way to prepare for the birthing experience. $30 per couple. Call 930-1970, marmamalia@yahoo.com.

Chronic Illness & Chronic Pain

Workshop on Coping with Chronic Illness and Pain with Erica Sutton of Wellspring Counseling • 3 weeks offered bi-monthly, 1 1/2 hours each week • This 3-part workshop is open to anyone dealing with a chronic illness or pain such as arthritis, lupus, MS, back pain, fibromyalgia or chronic fatigue. Family members welcome. This workshop provides skills in managing chronic illness and pain. It is designed as an educational series with an opportunity to identify personal goals and establish a plan for the future. $33 per class with early payment discount offered. Call 677-3056, eldutton@wccnet.org.

Community

Community - What is it? How can it be created? How to sustain it? • Febrary 24, and April 21 at 1:30 p.m. Both meetings at Crazy Wisdom • What are the indicators of a highly functioning community? This presentation/discussion will include communites in various contexts, including local intentional communities. For more info, call Nick Meima at 663-5516.

Cohousing - Learn what this mainstream, intentional community, with condo ownership is all about. • January 10 at 10:30 a.m., and March 24 at 1:30 p.m. Both Meetings at Crazy Wisdom • Honey Creek is the third Cohousing community in Ann Arbor. This presentation will provide a thorough description of what has become the most rapidly growing type of community in the country. For more info, call Nick Meima at 663-5516.

Creativity

Spring Out of Winter: A Six-Week Writing and Movement Class with JoAnna Pepe and Hughthir White • Thursdays, Jan. 17-Feb. 21, 6:30-8:30 p.m. • Writing and Movement is a class for writers that want to move. For movers that want to write. For anyone who wishes to explore the creative realm of self-expression. When we combine movement to explore and engage our deep physical world with writing to express our word-ly selves, we encounter a rich and playful union of forces that deepens creativity. $175. Call JoAnna at 231-325-2209, joannapepe@juno.com.

Dinosaurs

Dinosaur Discovery Day at U.M. Exhibit Museum of Natural History • Mar. 16, 10-4 • A special day devoted to our favorite subject, dinosaurs. Highlighting recent updates to the dinosaur exhibits, the program will also feature activities developed for the Museum's Family Science and Reading collaboration with eight Washtenaw County libraries. Free. Call Amy Harris at 763-4191, aharris@umich.edu.

Dreams & Dreamwork

Dreams: The Language of the Soul, a talk by Rebecca Mullen • Tuesday, March 14, 7:30 p.m. at Crazy Wisdom's Community Room • Dreams lead us into the depths of our unconscious. Their aim is to heal the split between who we think we are, and what is being projected outward. This is a talk about dreams, and the deeper layers of consciousness, by a long-time Jungian dream analyst. Free. For info, call 665-2757.

Leila Dream Circle with Suzanne Eastman • Fridays, Jan. 4, Feb. 1, Mar. 1, April 5; 7:30-11 p.m. • Discover the wisdom of your dreams through archetypal analysis, psychodrama or shamanic journeying in a warm and supportive group of women. Everyone keeps a dream journal and brings a dream to share. $25 per session. Call 665-9588, suzanne@home.msen.com.

Dreams and Their Significance in Healing the Split Between the Conscious and Unconscious Leading to a More Peaceful Existence with Rebecca Mullen • Mondays, 7-10 • Members are encouraged to share their dreams to extract their symbolic meaning and messages. They imprint - leading to greater psychic integration. $5 per session. Call 662-5925.

Druidry

Coffee Hour with Shining Lakes Grove • 7-9 p.m. at Borders Arborland • Join us for socializing and discussion of topics related to Druidry, modern and historic. All welcome for enjoyable and engaging conversation. No charge. Call 697-2514, robh@cyberspace.org.

Jan. 24: Here Comes the Sun: Brideog and Imbolc
Feb. 28: TBA
Mar. 28: Eggs, Bunnies and Rebirth, Oh My! The Pagan Themes of Easter
April 25: Who is the May King?

The Crazy Wisdom Calendar

Druidry (continued)

Modern Druidry with Shining Lakes Grove • 7-9 p.m. • Rob Henderson, Senior Druid of Shining Lakes Grove, will present a three-part class series on how ADF recreates the practices of the ancient Indo-European peoples within our modern society. This comfortable and informative series is the perfect opportunity to learn more about Modern Druidry, Ar nDraiocht Fein and the good folks of Shining Lakes Grove. Free. Call 697-2514, robh@cyberspace.org.
Mar. 26: Deities and Rituals
April 2: Ancestors and Guilds
April 9: Nature Spirits, Service Projects and Wrap Up

Drumming

Drummunity Circles: Community Drum Circles led by Lori Fithian • Jan. 17, Feb. 19, Mar. 20, April 18 at Crazy Wisdom, at 7 p.m. • Community drum circles for everyone. No experience or drum needed. Send email to be added to the list to find out when the next circle is. For cost, call 734-426-7818, lfith@yahoo.com.

Womyn's Drum Circle/Class with Lori Fithian • Ongoing Mondays, 7:30-9 p.m. • Learn to play hand drums and percussion and get in touch with your rhythmic spirit! $10 each night. Call 734-426-7818, lfith@yahoo.com.

West African Balafon Class with Ryan Edwards • Six Thursdays, 5:30-7 p.m. • The balafon is a 21-keyed wooden marimba from West Africa. Part of a tradition that dates back 1,000 years, it is an enchanting melodic percussion instrument. Balafons provided, beginners welcome, pre-registration necessary. $75. For dates, call Like Water Drumworks at 475-3158, www.likewaterdrumworks.com.

West African Djembe Class with Ryan Edwards • Ongoing Thursdays, 7-8:30 p.m. • This class is designed to improve and expand the feel, technique and repertoire of the student. Care is taken to wholistically expose the music, including culture, folklore, history, geography, dance and the bass drums. No classes in March. $10 per class, drop ins welcome. Call Like Water Drumworks at 475-3158, www.likewaterdrumworks.com.

Riq (Egyptian Tambourine) Workshop with Judy Piazza • Jan. 13, 2-4 p.m. • Explore the world of frame drumming in this hands-on workshop focusing on the Egyptian tambourine called the riq. Hand techniques, Middle Eastern rhythms and the power of pulse will be explored. Riqs available for purchase/use. $20-$35 sliding scale. Call Kayu at 794-0099 or Judy at 248-656-1071, jpiazza@igc.org.

Rhythm and Song Circles: Frame Drum/Larger Voiced Drums with Judy Piazza • Mondays for frame drums, Tuesdays for large drums • Explore the world of rhythm and song! Learn hand drum techniques, learn new songs from around the world. $50-$80 sliding scale for four classes. For dates and times, call 248-656-1071, jpiazza@igc.org.

Esoteric Anatomy & Energy Healing

Sacred Contracts, A Talk by Author Caroline Myss at Church of Today • Feb. 6, 7-9:30 p.m. • Caroline Myss is the bestselling author of *Anatomy of the Spirit* and *Why People Don't Heal*. For more information, call 810-758-3050, www.churchoftoday.com.

Revitalizing the Human Energy System: Opening the Chakras with Movement and Sound I with Lucinda Kurtz • Feb. 20, 7-9:30 at Crazy Wisdom Meeting Room • This 2-part class will interweave a basic theoretical overview of the body as an energy system with a strong experiential component. Through a combination of toning, drumming, music, movement and yoga, we will experience the vibration of each of the 7 energy centers of the body, the chakras. $25. Call 665-9160, lindakurtz@aol.com.

Revitalizing the Human Energy System: Opening the Chakras with Movement and Sound II with Lucinda Kurtz • Feb. 27, 7-9:30 p.m. at Crazy Wisdom Meeting Room • See above description. $25. Call 665-9160, lindakurtz@aol.com.

Clearing Counterproductive Emotional Patterns with EFT with Randall Rousse • Guest Night, Jan. 10, 7-9 p.m.; Begins Jan. 16, 7-9 p.m. • Join us as we clear counterproductive emotional behaviors that interfere with personal and emotional well-being, health and productive lives. Experience this course and your own emotional well being in 5 classes, meeting once a week. $100. Call Randall at 973-8623 or Jackie at Genesis Center at 665-8883, star1spirit@aol.com.

What is Self-Repatterning? with Ryan R. Wilson • Feb. 12, 6:30-9:30 p.m. • The developer of this unique and astounding energy healing art shares his empowering theories about consciousness and universal energy that led to its creation. Self-Repatterning is based upon the synthesis of Ryan's study of quantum mechanics, esoteric healing traditions and naturopathic medicine with his innate ability to see and work with the subtle energy bodies. This art is capable of accessing healing on material, emotional, mental, spiritual, astral, etheric, noetic and psycho-noetic planes. $5 donation. Call Raevan at 975-9429, wuyaodao@aol.com.

Listen To Your Body with Bronwen Wildflower Gates • Feb. 27, Mar. 6, 13; 7:30-9 • Learn to tune into your body and "read" its messages through body scanning and imaging. Discover both the wisdom and the willingness of your body to be your ally and your friend. Explore the non-verbal language of your body, and meet your inner healer. Learn to engage your inner healer and your self healing ability to create change in your life. $20 per class, $55 for the series. Call 734-424-2744, bronwild@aol.com.

Feng Shui Consultant Lynn Meadows

When I do Feng Shui with clients or students I find a synergy that vibrates between us. It is an example of when the sum of the parts is greater than the whole. There is a spiritual presence that usually becomes apparent to us. I get great joy and satisfaction from this service to others.

Exercise & Fitness

Pilates Mat Classes with Rachel Goldschneider • Jan. 7-Mar. 23 • Pilates is an invigorating mind/body workout which strengthens the "core" muscles of the body without adding bulk. Pilates can be beneficial for everyone from rehab patients to elite athletes. $165 for eleven sessions. For dates and times, call 623-9163, rgoldschneider@hotmail.com.

Pilates Demonstration with Khita Whyatt Austin • Presentations: Jan. 8, 7:30-8:30 p.m.; Jan. 18, 6:30-8 p.m.; Feb. 13, 6:30-8:30 p.m.; Mar. 13, 6:30-8:30 p.m. • The Pilates Method of exercise creates a deep sense of body awareness through which one can mindfully explore, educate and effect change in the body both functionally and aesthetically. One can become strong, supple and energized without mindless repetitive and potentially injurious movement. Discussion, demonstration and the opportunity to experience the technique on the floor as well as the apparatuses. Free. Ongoing mat classes are $15 each and ongoing Reformer classes are $25 each. Call 913-9046 at least 24 hours before class.

Rhythmic Aerobics with Sandy Pierani of Riverside Drum & Dance Studio • Tuesdays beginning Jan. 15 • Basic West African dance movement incorporated into an aerobic format. The class is designed to challenge your cardiovascular system while helping to shape your body, mind and spirit. $8 per session or $7 for students. Call 484-3407, spierani@hotmail.com.

Walk This Way - Step Up the Pace for the New Year! with St. Joseph Mercy Hospital Staff • Jan. 29, 7-8:30 p.m. • Advanced walking class that includes upper body stretching and strengthening. Emphasis is on power walking, speed walking and hiking. $10. Call Sandie Schulze at 712-5400 or 800-231-2211.

Walk This Way - Update Your Exercises with St. Joseph Mercy Hospital Staff • Feb. 5, 7-8:30 p.m. • Update your exercises to include lower body stretching and strengthening, concentrating on core abdominal muscles. Gait analysis included. $10. Call Sandie Schulze at 712-5400 or 800-231-2211.

Run This Way - For Women! through St. Joseph Mercy Hospital • April 9, 7-8:30 p.m. • Learn the basics about starting a running program. Proper stretches and running techniques will be emphasized. $10. Call Sandie Schulze at 712-5400 or 800-231-2211.

Run This Way - Injury Prevention through St. Joseph Mercy Hospital • April 16, 7-8:30 p.m. • Come learn tips about preventing injury during your running program. Screen your body type for injury risk factors. $10. Call Sandie Schulze at 712-5400 or 800-231-2211.

Run This Way - Supplementing Your Workout through St. Joseph Mercy Hospital • April 23, 7-8:30 p.m. • Add an effective strengthening regime to your warm up and cool down. Learn strengthening exercises for torso, arms and legs. $10. Call Sandie Schulze at 712-5400 or 800-231-2211.

Run This Way - How to Train for a 5K through St. Joseph Mercy Hospital • April 30, 7-8:30 p.m. • Interested in training for a 5K run? Learn how to run a 5K for fun or fitness. Class geared for beginning runners. $10. Call Sandie Schulze at 712-5400 or 800-231-2211.

Fathering

Boot Camp for New Dads through St. Joseph Mercy Hospital • Feb. 9 or Mar. 9, 9-Noon with Pete Beyer; or April 4, 6-9 p.m. with Rod Collins • This class is designed for first time fathers of all ages! You will get hands on experience in holding and comforting a baby. Taught by men. $20. Call Sandie Schulze at 712-5400 or 800-231-2211.

Feng Shui

Feng Shui and Spiritual Practice with Wendy Warrick • Jan. 14, 7-8:15 p.m. • Children are special and so it follows that the Feng Shui applications for them are special, too. We'll discuss general Feng Shui guidelines for kids' rooms as well as special cures for situations ranging from A.D.D. to messy rooms and more. $15. Call 913-9619.

Commercial Aspects of Feng Shui with Wendy Warrick • Jan. 30, 7-9 p.m. • Broaden your Feng Shui base of knowledge with this look at using Feng Shui to help businesses succeed in the material as well as spiritual planes. Feng Shui principles will be applies to locating or improving existing sites, and interior considerations for all types of businesses. $30. Call 913-9619.

Developing Your Feng Shui Feelers with Wendy Warrick • Feb. 11, 7-9 p.m. • Feng Shui is a blend of rational and mystical. Get ready to jump off into the mystical with training to build intuitive skills specific to Feng Shui. Learn methods to help you sense-feel the quantity, quality and flow of chi (life force) in places and objects enabling you to add more accuracy and perception to your feng shui knowledge. $30. Call 913-9619.

Experiential Feng Shui with Wendy Warrick • Mar. 11, 7-8:15 p.m. • Join me as we delve into the deeper and more psychic aspects of Feng Shui including the impact of physical movement as a cure, when and why to break the general guidelines, and using human interaction and visualization to boost your environment's Feng Shui. $15. Call 913-9619.

Feng Shui and Chinese 5 Element Theory with Wendy Warrick • April 17, 7-9 p.m. • This is an in-depth advanced class exploring using the 5 elements of wood, fire, earth, metal and water to align and harmonize the chi in your environment. This helps create a smoother flow to your life's journey. The control and nourishing cycles will be discussed as well as neutralizing imbalanced elements. $30. Call 913-9619.

Feng Shui in the Garden with Lynn Meadows • Feb. 20 or April 24, 7-9 p.m. • The ancient art of Feng Shui can help you create living natural surroundings that will feed your heart and soul, help you gain and retain a perfect state of health as well as provide space in which you can achieve your highest goals. Learn about plants that can eliminate toxins in your environment, awaken your senses and invite your presence in a way that will delight and satisfy the human need to be with nature. $30 with discounts offered. Call 433-9102, lynnmeadows@provide.net.

The Feng Shui of Fabrics for Interiors and Fashion with Lynn Meadows • Feb. 12 or April 16, 7-9 p.m. • Discover how the ancient art of Feng Shui can aid you in the selection of fabrics to enhance your environment and support your apparel choices. Feng Shui looks at the 5 element and yin/yang qualities of an existing situation and makes adjustments to create a balance that can achieve harmony (Tao). Fabrics are an easy way to alter an unbalanced (uncomfortable) environment or create an ensemble that is appropriate for your unique character and personality for specific occasions and purposes. $30 with discounts offered. Call 433-9102, lynnmeadows@provide.net.

Feng Shui Beyond Basics with Lynn Meadows • Feb. 9 or April 13, 1-5 p.m. • Having some knowledge of the basics of the ancient art of Feng Shui, explore some of the finer points to promote harmony in your life through the creation of harmony in your environment. Learn how to balance the elements in your surroundings and to activate energies which can change the quality of your life. Each participant will receive an analysis of a room of their choice with Feng Shui recommendations to implement in that space. $60 with discounts offered. Call 433-9102, lynnmeadows@provide.net.

Feng Shui Basics with Lynn Meadows • Feb. 6 or April 10, 7-9 p.m.; or Feb. 9 or April 13, 10-Noon • Create harmony in your space to promote harmony in your life through this ancient art of placement and design. Participants will leave with an understanding of Feng Shui principles (Yin, Yang, Chi and Tao). Based on self-identified goals, each participant will also receive 3 Feng Shui adjustments to implement in their home or office. $30 with discounts offered. Call 433-9102, lynnmeadows@provide.net.

Flower Essences

Flower Essences: A Magical Dance Between Your Soul and Nature with Bronwen Wildflower Gates • Mar. 23, 10-5 • We will invite the sun to shine, make our own flower essence, attune to the plants and bring the plants to you that carry the healing energy that you need. We will talk about the Faerie Flowers and their gifts for you. We will explore how flower essences speak to you, and how you can use them to support and nourish your path to healing and wholeness. $75 includes lunch and materials. Call 734-424-2744, bronwild@aol.com.

Flower Essences: Gifts of Nature to Heal Our Body-Mind with Bronwen Wildflower Gates • Feb. 27, Mar. 6 and 13; 5:30-7 p.m. • We are in the 21st century, the "Age of Flowers." This class introduces you to the healing power of flower essences, and how you can incorporate their gifts into your life to bring inner peace and healing. You will learn about the nature of flower essences, be introduced to their diversity and abundance and become inspired and confident in your ability to enjoy their benefits. $20 per class or $55 per series. Call 734-424-2744, bronwild@aol.com.

Future Visions

Visioning the Global Future with Dr. Michael Whitty • April 6, 1-5 p.m. • A workshop to network individuals and groups seeking to build a win-win world and human unity. Visioning the skills and will to create our future and complete our life legacy. Free. Contact mikewhitty@hotmail.com.

Gay & Lesbian

Gay & Bisexual Men's Therapy Group with Robert Dargel • Tuesdays twice per month, 7:30-9 p.m. • Group therapy for gay and bi-sexual men dealing with a wide range of issues, such as relationships, coming out, dating, socializing, self esteem and family issues. $45 per group. Call 975-1880, rhdargel@aol.com.

Healing

Spiritual Healing and Meditation with Dan Kinzinger • Sundays, Jan. 6-April 28 at Noon in Crazy Wisdom Meeting Room • Dan Kinzinger offers a silent healing meditation for those present and for individuals at a distance. Following the group meditation, Dan leads individual spiritual healing for those who request it. Donation. Call 734-367-9124.

Claiming the Healer Within: A Return to Your Indigenous Self Apprenticeship Program Information Meeting with Bronwen Wildflower Gates • Jan. 9, 7 p.m. • Come to this information meeting about this individualized apprenticeship program, for anyone who longs to reclaim the healer within. Do you want to become more skilled at reading the sacred text that is your body and life? Do you want to develop a partnership relationship with Nature and learn how to use her gifts of plants for nourishment and healing? Apprenticeship goes beyond learning: the shared goal will be for you to learn how to be your wise, skilled indigenous self, fully embodied in your power. Free. For packet of information, call 734-424-2744, bronwild@aol.com.

Healing Your Spirit Retreat with Karlta Zarley through Weber Center • April 12-14 • This retreat will help you see the blocks in life that hold you back, help you release those anchors and make a long term plan to heal your spirit to restore a sense of wholeness. Individual Healing Touch sessions, gardens and a labyrinth are available. $180 with discount offered. Call 433-9333 for a brochure.

Herbs, Plants & the Garden

Herbal Wisdom Series: How to Talk to Plants and Avoid Giving the Impression of Lunacy with Linda Diane Feldt sponsored by People's Food Coop • Jan. 8, 7:30-9:30 p.m. at Crazy Wisdom Meeting Room • This will be an evening to explore our relationship with plants, both practical and unusual. We'll discuss ways that plants can communicate and how they can be used. Skeptics welcome! Free. Pre-registration required by calling 994-4589, pfc@izzy.net.

Herbal Allies for Menopause with Linda Diane Feldt sponsored by People's Food Coop • Feb. 5, 7:30-9:30 p.m. at Crazy Wisdom Meeting Room • This class will focus on how plants can affect hormones and the female body, as well as herbs for easing symptoms and helping with this important transition. Free. Pre-registration required by calling 994-4589, pfc@izzy.net.

Herbs for Men with Linda Diane Feldt sponsored by People's Food Coop • Mar. 5, 7:30-9:30 p.m. at Crazy Wisdom Meeting Room • Come ready to ask questions and to learn how herbs can improve men's health. We'll cover prevention, restoration and nourishment. Help for the prostate, aging and hormonal functioning will be covered. Free. Pre-registration required by calling 994-4589, pfc@izzy.net.

Herbal Wisdom: Help for the Immune System with Linda Diane Feldt sponsored by People's Food Coop • April 9, 7:30-9:30 p.m. at Crazy Wisdom Meeting Room • In this class, we will look at herbs that both nourish and stimulate the immune system. Free. Pre-registration required by calling 994-4589, pfc@izzy.net.

Using Plants as Food and Nourishment to Restore and Create Health and Well Being with Bronwen Wildflower Gates • Jan. 16, 23, 30, Feb. 6, 13, 20; 5:30-7 p.m. • Well Being is a state of health that allows the body to sings its song. Each week, you will explore how to nourish one of the body's systems using herbs and an holistic perspective to generate this optimal state of being. The first class will be a class for women: how to nourish your body through menopause into your wisdom years. The next week you will learn how to nourish your immune system, and then your heart and circulation; your lungs and skin will be the focus for the fourth class. The last two classes will show you how to nourish and support your digestive system, and your brain and nervous system. Fun and practical, as well as information rich! $20 per class or $105 per series. Call 734-424-2744, bronwild@aol.com.

Wild Gardening: Partnership in Your Garden with Bronwen Wildflower Gates • Feb. 16, Mar. 16, April 20; 10-12:30 • First we will define wild gardening and you will learn how to choose your location, set your ground rules and invite partnership with the plants in your wild garden. Next, you will begin to identify the plant allies you already have, evaluate your relationship with them and explore how to expand your relationship with your existing plant allies. In the third class, you will focus on who is already there in your wild garden, how to invite new allies and on ways to create more intimacy in your partnerships with the plants in your wild garden. $30 per class or $80 per series. Call 734-424-2744, bronwild@aol.com.

Plant Magic: Engaging with Plants for Nourishment, Healing and Regeneration with Bronwen Wildflower Gates • Feb. 23 and 24, 10-5 p.m. • Give yourself the pleasure of total immersion in the healing magic of plants for a day or a weekend intensive. Learn about the gifts of roots and leaves, flowers and seeds, and ways to use them. The first day, we will explore teas and tinctures, syrups, wines and chews, as well as seasonally appropriate herbs. The second day, we will indulge in baths in compresses, salves and oils, vapors and smudges and you will take home what you make. $75 per day or $135 for both days, includes lunch and materials. Call 734-424-2744, bronwild@aol.com.

The Crazy Wisdom Calendar

Holistic Health

Headaches with Darren Schmidt • Jan. 22, 7-8:30 p.m. at Crazy Wisdom Meeting Room • There are many different types of headaches. Here are some that will be explored: migraines, tension, allergy, sinus and hunger headaches. Rather than treating just the pain, find out what the cause of your headache is and treat the root of the problem. Free. Call 302-7575, drschmidt@wholisticdoc.com.

Fatigue with Darren Schmidt • Feb. 26, 7-8:30 p.m. at Crazy Wisdom Meeting Room • Nutrients in your diet play a large role in the amount of energy and vitality you have. Dr. Schmidt will explain what it takes to liven up your day. This lecture is for people who are sick and tired of being sick and tired. Free. Call 302-7575, drschmidt@wholisticdoc.com.

Depression and Emotional Health with Darren Schmidt • Mar. 26, 7-8:15 p.m. at Crazy Wisdom Meeting Room • Medications like Prozac and Zoloft have helped many people. However, there are more intelligent ways to approach these problems in some cases. If you have depression, don't miss this lecture, for the sake of your health and the people around you. Free. Call 302-7575, drschmidt@wholisticdoc.com.

Weight Management with Darren Schmidt • April 23, 7-8:30 p.m. at Crazy Wisdom Meeting Room • 56% of Americans are overweight! There is a little known fact never seen in the news that can reverse this. In Dr. Schmidt's past lectures on weight management, attendants have used this information and have seen immediate and long lasting results. Free. Call 302-7575, drschmidt@wholisticdoc.com.

Get Answers About Diabetes! with Dr. Hobbs of National Wellness Foundation • Mar. 11 • A must attend lecture if you suffer from Diabetes or other endocrine disorders. Find out how you can minimize Diabetes by maximizing your central nervous system. Breakthrough research on this condition will be discussed. Free with reservation. Call 866-793-9771, drhobbs@c1c2.com.

How to Control Chronic Fatigue Syndrome/Fibromyalgia with Dr. Barry Hobbs • Feb. 21, 7 p.m. at Crazy Wisdom • Current research on the cause of chronic fatigue syndrome and fibromyalgia will be discussed. Breakthrough treatments with proven results will also be given. Other topics included are symptoms, risk factors and prevention. Free with reservation or $10 at the door. Call 416-2442, drhobbs@c1c2.com.

Ever Involved in an Auto Accident? with Dr. Hobbs • Feb.7, 7 p.m. at Crazy Wisdom • Learn about what the emergency room fails to monitor in auto accident patients. Even minor auto accidents can possibly cause serious injury to your spine, spinal cord and brain stem. Come and receive a complimentary screening of your injury related area. Free with reservation or $20 at the door. Call 866-793-9771, drhobbs@c1c2.com.

Why Do Some People Catch What's Going Around and Other Don't? with Dr. Barry Hobbs • Jan. 29, 7 p.m. at Crazy Wisdom • Learn how to maximize your immune system and minimize pain. There are four essentials to life and health but 90% of the population only maintain three. All attendees will receive the book, *The Astonishing Dr. You!* free of charge. Free with reservation. Call 416-2442, drhobbs@c1c2.com.

> It is only by letting go of all your defenses that you become invulnerable.
>
> - Jessica Macbeth

Developing an Exercise Plan for Optimal Health with Michele Loewe • Jan. 15, 7:30 p.m. at Crazy Wisdom Meeting Room • Whether your New Year's resolution was weight loss, stress management, more energy or better physical endurance, exercise can help. But how does one develop a successful plan that you'll be enjoying that whole year? Join marathon runner Dr. Loewe to discuss optimizing your health with exercise. Free with pre-registration required. Call Jessa at People's Food Coop at 994-4589, pfc@izzy.net.

Eliminate Addictions Naturally with Michele Loewe • Feb. 12, 7:30 p.m. at Crazy Wisdom Meeting Room • Join Dr. Loewe for this evening of discussing how diet, nutrition, exercise, herbs and other natural approaches can help you or someone you care about kick the habit naturally. Free with pre-registration required. Call Jessa at People's Food Coop at 994-4589, pfc@izzy.net.

The Natural Approach to Attention Deficit Disorder with Michele Loewe • Mar. 12, 7:30 p.m. at Crazy Wisdom Meeting Room • Join Dr. Loewe as she uncovers some of the underlying causes for ADD in this evening class. Learn about how changes in diet and other natural treatments can improve both the symptoms and the cause of this disorder. Free with pre-registration required. Call Jessa at People's Food Coop at 994-4589, pfc@izzy.net.

The Natural Approach to Fibromyalgia with Michele Loewe • April 9, 7:30 p.m. at Crazy Wisdom Meeting Room • Join Dr. Loewe for this evening discussion on Fibromyalgia. Learn the underlying causes for the disease, natural approaches to treating both the causes and symptoms and the natural healing process. Free with pre-registration required. Call Jessa at People's Food Coop at 994-4589, pfc@izzy.net.

Homeopathy

Homeopathic Study Group with Wendy Mauntel and Pat McBride through National Center for Homeopathy • Once per month • The intent of this study group is to expand the knowledge and use of classic homeopathy. It will meet once a month with an organized homeopathic educational activity. Free. For complete information, call 459-9993, mauntel@aol.com.

Homeopathy: the Healing Power of Resonance with Bronwen Wildflower Gates • April 3, 10, 17; 5:30-7 p.m. • This class explores this powerful body-mind healing modality that offers a wonderful framework for an holistic understanding of the body. You will learn the empowerment and peace of mind a basic knowledge of homeopathy can bring either in your own self care or as a mother or primary caregiver for others. Learn what it takes to be a homeopathic patient, how to choose the remedy you need, and become friends with some common remedies for when you need them. $20 per class or $55 per series. Call 734-424-2744, bronwild@aol.com.

Homeopathy: A 21st Century Perspective with Bronwen Wildflower Gates • April 27, 10-5 p.m. • Delve deeply into this powerful holistic healing modality while incorporating the new ideas of quantum physics to define new ways to use homeopathic remedies to heal past traumas, time travel and engage upward causation. This workshop is for the adventurer who is willing and eager to explore unconventional approaches to the use of the remedies; you will need prior understanding of homeopathy to benefit from this workshop. $75. Call 734-424-2744, bronwild@aol.com.

Homeopathic and Herbal Remedies for Children's Health Care with Patty Brennan of Holistic Midwifery Institute • April 27, 9-4 • What are some natural remedies that can be helpful in treating common ailments of children - from newborns to teenagers? Emphasis is placed on identifying helpful resources and developing a home medicine chest or travel kit of natural remedies. We will consider remedies for specific concerns such as teething, croup, fevers, ear infections, growing pains, sports injuries and emotional imbalances. $85 with discount offered. Call 663-1523, patty@holisticmidwifery.org.

Vaccine Choices, Homeopathic Alternatives and Parental Rights with Patty Brennan of Holistic Midwifery Institute • Mar. 12, 7-9 p.m. • This class is designed to help parents obtain informed consent to "mandatory" childhood vaccinations or exercise their (often not recognized) right to informed refusal of vaccines. Topics include vaccine choices, the use of homeopathy to prevent and treat vaccine reactions and treat adverse reactions and the diseases themselves, enhancing immunity naturally and claiming your legal rights. $10 per person, $15 per couple, $22 for available sourcepack. Call 663-1523 patty@holisticmidwifery.org.

Infant Massage

Infant Massage Classes with Audrey Simon • New classes begin monthly • Four-week class to learn the benefits and methods of interactive massage according to baby's individual needs. The purpose of this class is to enhance loving communication and bond between baby and caregiver. $85 includes handbook, bottle of oil and handouts. Call 741-9706.

Intuitive Awareness & Psychic Development

Drop-In Intuitive/Psychic Readings with Diane Evans in the Crazy Wisdom Tea Room • Saturdays, 2-5 p.m. and second and fourth Thursdays of the month, 8-10 p.m. • $1 per minute. No appointment necessary. Call 327-9568, evnsd7@aol.com.

Intuitive Awareness 1: Awareness and Intuitive Self Healing with Ray O. Golden of Center for Intuitive Health • Jan. 12 and 13 or April 13 and 14, 10-5 • Learn simple and powerful techniques to begin to perceive, ground and heal your psychic and emotional space, aura and chakras. These tools allow you to do personal healing while developing your intuitive perception. You also learn to communicate with both your own and others' God-of-the-Heart (Higher Self), and to do readings from that level. Also Preparation for Animal Communication. $139 with discounts offered. Call 663-9724, intuitivehealth@aol.com.

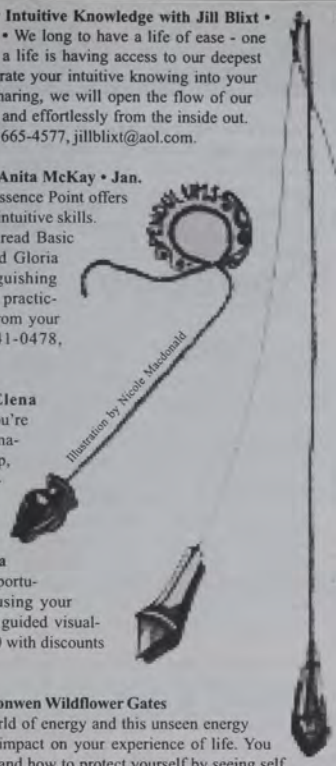
Intuitive Awareness 2: Deepening Awareness and Skills with Ray O. Golden of Center for Intuitive Health • Feb. 23 and 24, 10-5 • Continue to develop your intuitive perception, do personal healing and learn to recognize and heal layer and boundaries of the aura and out of body chakras. Connect with one of your healing guides to communicate and do healings. $149 with discounts offered. Call 663-9724, intuitivehealth@aol.com.

Intuitive Awareness 3: Putting It All Together with Ray O. Golden of Center for Intuitive Health • April 5 and 6, 10-5 • Read auras and do professional quality clairvoyant readings. Learn to communicate directly with guides. Prerequisite Intuitive Awareness 1 and 2. $16[illegible] with discounts offered. Call 663-9724, intuitivehealth@aol.com.

Intuitive Awareness 4: Channeling with Ray O. Golden of Center for Intuitive Health • Time and date TBA • Learn to safely become a conscious channel using a technical system as your foundation. For cost, call 663-9724, intuitivehealth@aol.com.

Living From the Inside Out: Deepening Your Intuitive Knowledge with Jill Blixt • Thursdays beginning Jan. 31, 6:30-9:45 p.m. • We long to have a life of ease - one where we can be in the flow. The path to such a life is having access to our deepest knowing. Come learn how to tap into and integrate your intuitive knowing into your daily life. Through writing, creative play and sharing, we will open the flow of our deepest wisdom and learn how to live elegantly and effortlessly from the inside out. $30 per week includes dinner and materials. Call 665-4577, jillblixt@aol.com.

Essence Point Psychic Reading Practice with Anita McKay • Jan. 10, Feb. 14, Mar. 14, April 11; 7:30-9 p.m. • Essence Point offers a supportive environment for practicing psychic/intuitive skills. Newcomers are welcome but required to have read Basic Psychic Development by John Friedlander and Gloria Hemsher. Attention to grounding and distinguishing psychic energies is stressed. Sessions involve practicing intuitive reading from your higher self or from your psychic screens. By donation. Call 741-0478, mckays@concentric.net.



Introduction to Psychic Readings with Elena Gillespie • Jan. 19, 10-6 • Do you feel like you're intuitive but don't know how to access information in a dependable way? In a day workshop, learn the tools you need to gain psychic information for yourself and others! $45. Call 482-4078.

Beginning Intuitive Development with Marliesa Back • Jan. 5 and 6, 10-5 • This class is an opportunity to explore your energy field and begin using your intuitive abilities through simple, safe and fun guided visualizations. No previous experience necessary. $150 with discounts offered. Call 428-1451.

Psychic Protection and Energy Hygiene with Bronwen Wildflower Gates • Feb. 6, 13, 20; 7:30-9 p.m. • We live in a world of energy and this unseen energy that you generate and encounter has profound impact on your experience of life. You will learn what psychic protection is and is not, and how to protect yourself by seeing self as source. You will learn practices and visualizations for energy cleansing of yourself and your space, and you will learn about energy hygiene, and how to be proactive in maintaining the self as sacred space. $20 per class or $55 per series. Call 734-424-2744, bronwild@aol.com.

Accessing Inner Guidance with Bronwen Wildflower Gates • Jan. 16, 23, 30; 7:30-9 p.m. • Guidance is the abundant help available to you from your internal resources as well as from the external world that reflects back to you your internal landscape. The first week you will learn how to dowse and use kinesiology, then you will practice developing effective questions so you can get meaningful answers. In the third class you will learn to distinguish blind trust from inner knowing, and explore how your beliefs impact the answers you receive. $20 per class or $55 per series. Call 734-424-2744, bronwild@aol.com.

Nurturing Intuition with Shala Kilmer • Jan. 10, 7-8:30 p.m. • Everyone has intuition and can learn to use it more effectively. Shala Kilmer will present two easy tools for tapping into intuition. This is part of Metaphysical Musings at the Church of Today. Love offering. Call 248-258-8287, www.intuitionpath.com.

Basic Intuitive/Psychic Development with Shala Kilmer • Eight Mondays beginning Jan. 14, 6:30-9:30 p.m. • Learn to use your own psychic abilities. Results are immediate. Many techniques taught. $335 plus $10 book. Call 248-258-8287, www.intuitionpath.com.

Judaism/Kabbalah

Derekh Or (Path of Light) Community Gathering: Manifesting the Vision with Rabbi Esther M. Rand • Jan. 6, Feb. 3, Mar. 3, April 7; 1 p.m. • Together we are envisioning from Atzilut (World of Being) and manifesting into Assiyah (World of Doing) a community which we can study and practice the mystical traditions of Judaism. This community is open to all who desire to experience the Jewish traditions, festivals and life events based on the Kabbalah. Call Lynne Friman at 429-9999 or Rabbi Esther Rand at 810-229-4080, b4thelight@earthlink.net.

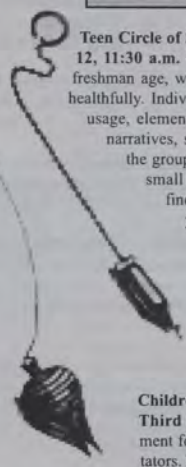
Tu B'Shvat: Seder of the Soul, New Year for the Tree of Life with Derekh Or (Path of Light, a Kabbalistic Spiritual Community) • Jan. 27, 4 p.m. • Gathering for a Fruit Seder, a mystical teaching from Rabbi Isaac Luria and the Kabbalists of Safed, Israel. Bring fruit of all types for the Seder and a dish to share for a potluck dinner at 6 p.m. Children will be led in the Mystical Planting of the Parsley. Gift of heart donation. Call Lynne Friman at 429-9999 or Rabbi Esther Rand at 810-229-4080, b4thelight@earthlink.net.

Receiving the Light: Mystical Traditions of the Kabbalah in Judaism with Rabbi Esther M. Rand • Feb. 5 and 12 or April 10, 17, 24, 7 p.m. • Experience the ancient Kabbalistic ideas of creation, levels of soul, worlds and dimensions, angels, reincarnation and the Sephirot. These are introductory level classes in preparation for deeper study. During each class, we will also learn some daily spiritual practices for centering our lives in transcendency and mindful living. $100 per series. Call Lynne Friman at 429-9999 or Rabbi Esther Rand at 810-229-4080, b4thelight@earthlink.net.

Purim: Come As You Are Masquerade Ball and Book of Esther "Drasha Drama" with Rabbi Esther M. Rand • Feb. 23, 7:30 p.m. • Come dressed as you were in your past lives, or as your favorite Biblical character. We will also experience a Drasha Drama on Queen Esther's story of personal faith, trust and courage. Gift of heart donation. Call Lynne Friman at 429-9999 or Rabbi Esther Rand at 810-229-4080, b4thelight@earthlink.net.

Pesach/Passover: Out of Egypt with Rabbi Esther M. Rand • Mar. 28, 5:30 p.m. • Join us for a Kabbalistic soul journey in sacred time and space as we escape slavery of Egypt with our ancestors and are delivered from all that enslaves us at this time in our lives. Bring a dish to share for the community dinner, your meditation pillow and your higher self. Call Lynne Friman at 429-9999 or Rabbi Esther Rand at 810-229-4080, b4thelight@earthlink.net.

Kids & Young Adults



Teen Circle of Sound with Kathleen Moore • Saturdays starting Jan. 12, 11:30 a.m. • For young men and women, high school and college freshman age, who want to explore using their voices, expressively and healthfully. Individual and group singing, learning/practicing good voice usage, element of harmony, instrumental music, songwriting, poetry, narratives, story, discussion and sharing are all potential ways that the group will spend its sessions together. The circle will provide small group experience in discovering and/or continuing to find the connections between people that are possible when you have the opportunity to express yourself and to listen to others express themselves, creatively and with honesty. $25-$35 sliding scale. Call 668-8146.

Yoga for Kids with Barbara Brookens-Harvey through Inward Bound • Tuesdays, 3:15-4:15 p.m. • For more information, call 994-6130, billbarbmo@aol.com.

Children's Sunday School at Lighthouse Center • First and Third Sundays, 10:30-12:30 • Classes in spiritual development for children, ages 4-teens, whose parents are mantra meditators. Principles of metaphysics, yoga, mantra meditation, Christianity and world religions are taught at different age levels. Call Nirmala at 663-2218.

Yoga for Moms/Dads with Little Ones with Ema Stefanova • Thursdays, 11 a.m. • For complete description, see listing under Yoga.

The Labyrinth

Walking the Labyrinth at Visitation • Jan. 4, Feb. 1, Mar. 1, April 5; 9-5 p.m. • "The labyrinth is an archetype of wholeness, a sacred place that helps us rediscover the depths of our souls," Lauren Artress, *Walking the Sacred Path*. The labyrinth is a metaphor for the spiritual journey. It is found in all religious traditions. During the Middle Ages, Christians journeyed to pilgrimage cathedrals where they walked the winding path. Everyone is welcome to walk this sacred path anytime throughout the day. Call 734-242-5520, visitation@teleweb.net.

Love & Relationships

Keeping Love Alive: Free Introductory Workshop with Carole Kirby • Feb. 10, 2-4:30 p.m. at Crazy Wisdom Meeting Room • Everyone welcome to this workshop. Learn about chemistry of love and why there's an inevitable waning of passion. Get some insight into your longstanding issues. Enhance your ability to communicate well with your partner. Improve your ability to be a safe, loving partner. Discover ways to re-awaken and keep love alive in a long term relationship. All kinds of couples and singles welcome. Free. Call 586-776-6622, www.therapy4couples.com.

Creating a Conscious Relationship: Intro to Imago Relationship Therapy for Couples and Singles with Carole Kirby • Mar. 10, 2-4:30 p.m. at Crazy Wisdom Meeting Room • Everyone welcome to this introductory Imago relationship therapy workshop. Discover what's beneath your longstanding issues. Enhance your ability to communicate well with your partner. Change your reactive, ineffectual behaviors into a force for compassion, healing and growth. Free. Call 586-776-6622, www.therapy4couples.com.

Empowering Intimate Relationships with Karen Gottschalk and Kevin Meisel through Schoolcraft College • Four Thursdays beginning April 11, 7-9 p.m. • What makes an intimate relationship empowering? Learn about codependent and co-empowered relationships and the concept of pursuing and distancing. Identify strategies that can lead to a more empowered relationship including communication, conflict and trust. Both individuals and couples welcome. $63. Call 734-462-4448 or 734-332-9184.

Finding Your Soul Mate with Shala Kilmer • Feb. 14, 7-8:30 p.m. • Do you wonder why your soul mate hasn't arrived? In this short workshop, you will learn how to magnetize your beloved to you. This is part of Metaphysical Musings at the Church of Today. Call 248-258-8287, kilmersh@core.com.

Finding Your Soul Mate with Shala Kilmer • Feb. 23, 10-4 p.m. • You will receive a detailed channeled reading describing your soul mate and what you can do to speed the process of meeting. Much more information from channeled sources on soul mating. Limited to 8. $120 includes noon meal and snacks. Call 248-258-8287, kilmersh@core.com.

Re-Enchant Your Relationship with John McLaughlin, Lee Rossano, Lorraine Coburn and Rod Rodriguez • Mar. 9, 9:30-5 p.m. • Come experience a day with two seasoned couples, and rekindle the romance you had when you were first together. Discover what emotional blocks you are carrying from the past that are contributing to current relationship problems. Learn effective communication and problem solving techniques based on your unique personality styles and gender differences. $175 per couple. Call 677-6644 or 248-652-9349.

The Crazy Wisdom Calendar

Massage

Drop-In Massage at Crazy Wisdom Tea Room with Michael Bratcher • Saturdays, 2-5 p.m. • Come in to Crazy Wisdom at the end of your week and get a massage! $1 a minute. No appointment needed. Other times may be added with sufficient interest. Call 665-2757.

Drop-In Massage at Crazy Wisdom Tea Room with Robert Hughes • Fridays, 4-6 p.m. • Come in to Crazy Wisdom at the end of your week and get a massage! $1 a minute. No appointment needed. Call 665-2757 or 827-1443.

Drop-In Massage at Crazy Wisdom Tea Room with Christina Komarck • Sundays, 1-4 p.m. • Come in to Crazy Wisdom on a Sunday and get a massage! $1 a minute. No appointment needed. Other times may be added with sufficient interest. Call 665-2757.

Massage with Peter Baker through Pierpont Commons • Feb. 7, 14, 21, Mar. 7; 6-8 • Learn basic massage techniques that enable you to manage stress at school or home. Discover methods to use with muscles that are tight and sore from stress and strain. Bring loose fitting clothing and a pillow, mat or blanket to lie on. $50. Call Melanie Hoekstra/Maryann Simons at 647-6838, hoekstra@umich.edu.

Massage for Couples with Peter Baker through Pierpont Commons • Feb. 16, 10-5 p.m. • Discover and build new methods of non-verbal communication using sensual, non-sexual touch. Explore massage techniques designed for couples in a semi-private setting. Build intimacy, respect and love with your partner. Due to limited space, enrollment is restricted to 10 couples. This class fills quickly. $70 per couple. Call Melanie Hoekstra/Maryann Simons at 647-6838, hoekstra@umich.edu.

Sports Massage I with Jocelyn Granger and Jane Anderson at the Ann Arbor Institute of Massage Therapy • April 13 and 14, 9-5 each day • Sports Massage I uses a combination of specialized techniques to prevent sports injuries, boost athletic endurance and performance, and accelerate recovery from injury or fatigue. The principles and techniques of Sports Massage include the physiology of the injury and repair process, pre-event, post-event and maintenance and principles of sports injury assessment and treatment. 14 CEU's. $250. Call 677-4430, ext. 21 or fax 677-4520, aaimt@earthlink.com.

Seated Massage with Margeret Szedenits at the Ann Arbor Institute of Massage Therapy • April 6, 8:30-5 • Seated Massage concentrates on teaching the participant a therapeutic routine that can be adapted to different situations. Use of body mechanics to produce maximum results with minimal effort are taught. $150. Call 677-4430, ext. 21 or fax 677-4520, aaimt@earthlink.com.

Neuromuscular Therapy II with Jocelyn Granger at the Ann Arbor Institute of Massage Therapy • Jan. 11, 12 and 13, 8:30-5 each day • Continuation of Neuromuscular Therapy I. Consists of the freeing and relief of chronically tense, contracted and painful tissues. It is an advanced form of massage therapy which requires a high degree of anatomical precision, specificity and skilled palpation. Neuromuscular Therapy provides more complete and effective relief from chronic pain and tension and an understanding of the principle and philosophy of myofascial dysfunction. 21 CEU's. $350. Call 677-4430, ext. 21 or fax 677-4520, aaimt@earthlink.com.

Neuromuscular Therapy III with Jocelyn Granger at the Ann Arbor Institute of Massage Therapy • Jan. 25, 26 and 27, 8:30-5 each day • Continuation of Neuromuscular Therapy I and II. See above description. 21 CEU's. $350. Call 677-4430, ext. 21 or fax 677-4520, aaimt@earthlink.com.

Neuromuscular Therapy IV with Jocelyn Granger at the Ann Arbor Institute of Massage Therapy • Feb. 16 and 17, 8:30-5 each day • The work we do in this workshop will greatly expand your repertoire when working with a varied clientele. This weekend was developed as a 2-day format for continuing education. The prerequisite is NMT I, II and III. The primary focus is on pelvic stabilization, side-lying and more TMJ work. 14 CEU's. $250. Call 677-4430, ext. 21 or fax 677-4520, aaimt@earthlink.com.

Myofascial Therapy I with Jane Anderson at the Ann Arbor Institute of Massage Therapy • Jan. 18, 19 and 20, 8:30-5 each day • Myofascial Therapy I is an effective form of Deep Tissue Massage, offers a cooperative approach for improving structural alignment with specific emphasis on Palpatory skills, postural assessment techniques, direction, pressure, breath awareness, perception and sensitivity. 21 CEU's. $350. Call 677-4430, ext. 21 or fax 677-4520, aaimt@earthlink.com.

Myofascial Therapy II with Jane Anderson at the Ann Arbor Institute of Massage Therapy • Mar. 1, 2 and 3, 8:30-5 each day • Myofascial Therapy II is a continuation of Myofascial Therapy I. See above description. Each of the workshops (MFT I, II and II) will be devoted to different sections of the body. 21 CEU's. $350. Call 677-4430, ext. 21 or fax 677-4520, aaimt@earthlink.com.

Myofascial Therapy III with Jane Anderson at the Ann Arbor Institute of Massage Therapy • Mar. 22, 23, and 24, 8:30-5 each day • Myofascial Therapy III is a continuation of Myofascial Therapy I and II. See above description. Each of the workshops (MFT I, II and II) will be devoted to different sections of the body. 21 CEU's. $350. Call 677-4430, ext. 21 or fax 677-4520, aaimt@earthlink.com.

Anatomy and Palpation Skills with Jocelyn Granger at the Ann Arbor Institute of Massage Therapy • Feb. 8, 9 and 10, 8:30-5 each day • Designed to expand your ability to palpate body landmarks, muscles and structures. Emphasis is on anatomy, body mechanics, exercises for increasing sensory awareness and self care. Experiment techniques are used to help distinguish muscles, bones and various other structures. 21 CEU's. $350. Call 677-4430, ext. 21 or fax 677-4520, aaimt@earthlink.com.

Clinical Documentation with Margeret Szedenits at the Ann Arbor Institute of Massage Therapy • Feb. 23, 8:30-5 • Participants will learn to properly document therapeutic massage sessions. Documentation will help massage therapist develop a treatment plan for clients. This is important whether the therapist works for someone else or has their own business. Includes some internship and outreach orientation for AAIMT students. 7 CEU's. $150. Call 677-4430, ext. 21 or fax 677-4520, aaimt@earthlink.com.

Meditation

How to Meditate Using Chakras, Mantras and Breath Class for Less Experienced Students with Dennis K. Chernin • Feb. 9, Noon-4 p.m. at Crazy Wisdom Meeting Room • This class offers less experienced students a thorough analysis of the theory and practice of meditation. The physical, emotional, mental and spiritual benefits are discussed in a clear manner. We will systematically learn how to meditate using several objects of meditation, including chakras (energy centers in the body), mantras (subtle vibrations), yantras (geometric form), light and breath. $100. Call 973-3030, dennischernin@hotmail.com.

How to Meditate Using Chakras, Mantras and Breath Class for Intermediate and More Experienced Students with Dennis K. Chernin • Feb. 16, Noon-4 p.m. at Crazy Wisdom Meeting Room • This class is designed for intermediate and more experienced students who would like to learn more about meditation theory, chakras, mantras and yantras. Pranayama, bandhas (locks), and the idea of Kundalini will be discussed. We will continue to develop the meditation based on the above mentioned principles. $100. Call 973-3030, dennischernin@hotmail.com.

Wednesday Evening Meditation for the General Public with Brenda Morgan • Jan. 16 and Mar. 20, 7-8:15 p.m. • This evening is set aside for those interested in exploring and connecting to someone who is in a spiritually transformed space. As a Westerner, Brenda is always exploring how to communicate this transformation with those who have a connection with the world and wish to continue to interact with it as they evolve. Love offering/donation. Call Susan at 665-0536.

One Day Meditation Seminar with John Friedlander • Jan. 12, 9:30-5:30 p.m. • In this seminar, advanced meditators can learn to sustain their attention on chakra keys for an extended time. This liberates abilities such as clairvoyance, telepathy and healing locked in those chakras. Those abilities can be used to cultivate skill and compassion in life and relationships. $100. Call Anita at 741-0478, mckays@concentric.net.

Advanced Meditation Retreat with John Friedlander • Mar. 22, 7-9 p.m.; Mar. 23 and 24, 9:30-5:30 • In this seminar, advanced meditators not only learn to sustain their attention on chakra keys to unlock psychic abilities, we undertake advanced explorations such as using one's clairvoyance to activate and use one's kundalini. Consequently, large, long term transformations are facilitated. $250 with discount offered. Call Anita at 741-0478, mckays@concentric.net.

Essence Point Silent Group Meditation • Sundays, Noon-1 p.m. • Essence Point offers a 50 minute period of unguided silent group meditation every Sunday. Comfortable chairs provided or bring a cushion is you prefer. People from any spiritual practice welcome. Donations accept. Call 741-0478, essencepoint@hotmail.com.

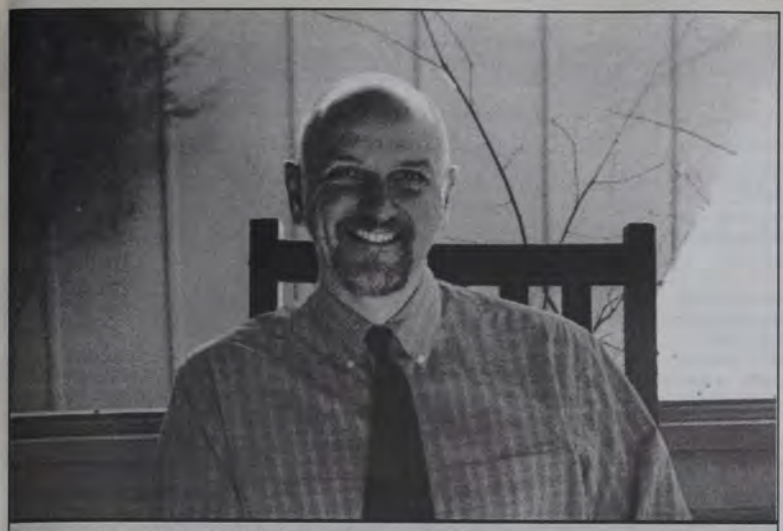
Meditation with Wasentha Young of Peaceful Dragon School of Tai Chi Chuan and Chi Kung • Jan. 25, 6-8 p.m. • There are many forms of meditation practices all over the world. Meditation techniques can act as a vehicle offering an opportunity for the individual to see the true nature of their being and the nature of their thoughts. In practicing the art of meditation, individuals have reached states of clarity, calm, quietude and vision. Students participating in this class will learn the fundamental techniques used in the Buddhist and Taoist styles of meditation such as sitting, walking, pondering, standing, visualization, focusing and guided meditation. $50. Call 741-0695, www.peacefuldragonschool.com.

Advanced Meditation with Penny Weaver • Jan. 12, Feb. 9, Mar. 9, April 13; 10-11:30 p.m. • Learn advanced meditation techniques to improve your psychic abilities. For cost, call 248-374-1070, pennyweaverj@aol.com.

Meditation and Psychic Development I with Penny Weaver • Thursdays, Feb. 20-Mar. 28; 6:30-8 p.m. • Learn the positive benefits of meditation and how to achieve them in a step-like process. Psychic development and other tools to enhance meditation and its benefits will be taught in this 6-week course. For cost, call 248-374-1070, pennyweaverj@aol.com.

Meditation and Psychic Development II with Penny Weaver • Wednesdays, Jan. 9-Feb. 13; 6:30-8 p.m. • More techniques to enhance meditation including self-hypnosis, the Medicine Wheel and Qabalah in this 6-week course. For cost, call 248-374-1070, pennyweaverj@aol.com.

Insight Meditation with Barbara Brodsky, Dianne Austin, Kris Kurnit and Dave Lawson of Deep Spring Center • Thursdays, Jan. 10, 24, 31, Feb. 7, 21, Mar. 7, 21, April 4, 18; 7:15-9:30 p.m. • See above description of Insight Meditation. Each regularly scheduled class will begin with a sitting, followed by a talk or instruction and discussion. There will be special focus on deepening practice and bringing meditation into everyday life. This class is appropriate for continuing students at every level. $30 building fee plus suggested $100 teacher donation for the semester. No one will be denied participation for financial reasons. Call 971-3455, info@deepspring.org. You may also call Dave at 662-8317, Dianne at 665-4298 or Kris at 668-1385.



Therapist and Social Worker Robert Dargel

I have this amazing job. Each week, I get to have 20-35 "real" conversations about life and meaning and hurt and fear and love. Sometimes it's a difficult job, but so often it reminds me about what really matters in life.

Insight Meditation with Barbara Brodsky and Frank Levey of Deep Spring Center • Tuesdays, Jan. 22, 29, Feb. 12, 26, Mar. 12, 26, April 9, 23, 30; 7:15-9:45 p.m. • Insight Meditation is a simple and direct practice: the moment to moment investigation of the mind/body process through calm, focused awareness - which allows us to experience sensations, emotions, thoughts and consciousness with greater clarity and balance. This frees our mind from conditioned patterns of self-centeredness, negativity and confusion, opening our heart to deeper wisdom and compassion. This process of opening compassionately to ourselves moves from the sitting period to the whole of our lives. Each moment is practice for our growth toward wholeness and harmony. This practice derives from Buddhist teachings but no special religious beliefs are necessary. We perform no religious rituals. The meditation practices are suitable for those of any religion. Along with the basics, each semester we focus on a specific aspect of practice. This year our focus will be on the Chain of Dependent Arising. This is basically the Buddha's teaching that "this arises because that has arisen. When that ceases, this will cease." We'll use Aaron's book *No Chain At All*. We will also read other material suggested from the interests of the class. Each regularly scheduled class will begin with a sitting, followed by a talk or instruction and discussion. There will be special focus on deepening practice and bringing meditation into everyday life. This class is appropriate for continuing students who have had at lease a year of class, have attended at least one retreat or meditation day or have parallel experience in this experience. $30 building fee plus suggested $100 teacher donation for the semester. No one will be denied participation for financial reasons. Call 971-3455, info@deepspring.org.

Introduction to Insight (Vipassana) Meditation with John Gutoskey and Susan Weir of Deep Spring Center • Seven Wednesdays starting Jan. 23 • This introductory class will offer the basic instructions for Insight Meditation. See above description of Insight Meditation. We balance insight practice with a deepening awareness of our true nature, not as something which we strive to manifest but as that which is eternal and present NOW. We will also work with other forms of meditation which nurture non-dual awareness and open the heart. $50 payable to Ann Arbor Recreation Dept. No one will be denied participation for financial reasons. Call 971-3455, info@deepspring.org. You may also call Susan at 663-1675 or John at 761-6200.

Introduction to Insight (Vipassana) Meditation with Dottie Coyne and Susan Klimist of Deep Spring Center • Six Tuesdays starting April 23 • See above description of Insight Meditation. We balance insight practice with a deepening awareness of our true nature, not as something which we strive to manifest but as that which is eternal and present NOW. $50 payable to Ann Arbor Recreation Dept. No one will be denied participation for financial reasons. Call 971-3455, info@deepspring.org. You may also call Dottie at 930-0192.

Residential Meditation Retreat with Deep Spring Center • Mar. 1 in the evening through Mar. 3 in the afternoon • See above description of Insight Meditation. The foundations on the weekend are Insight Meditation and deepening mindfulness in every moment. The meditation derives from the Buddhist Theravadin tradition but no special religious beliefs are necessary to the practice. We'll be alternating sitting and walking meditation. Although the retreat will be held in silence, there will be clear instructions, evening talks and optional discussion periods with the teachers. Mindfulness throughout the 24 hour day will be a focus. This retreat is for advanced meditators. Our heart's willingness to open is a key to spiritual development. Besides insight practice, we will deeply touch our heart's center with chanting drawn from several traditions and meditations based on lovingkindness and non-dual awareness. $175 includes room and board; however, the cost may be lower and it is not yet finalized. May be offered on a donation basis. Call Hal at 971-3455, info@deepspring.org.

Introductory Meditation Lecture with Chetana of Lighthouse Center • Jan. 25, Feb. 22, Mar. 29, April 26; 7-10 p.m. • Introductory lecture on mantra meditation and empowerment with a mantra. $50 for first time or $15 repeat. Call Nirmala at 734-663-2218.

Intensive Meditation through Lighthouse Center • First and third Fridays of each month, 7-10 p.m. • Mantra meditation, 20 minutes each on the seven chakra centers. No cost. Call Prachi at 734-449-4381.

Menopause

Learning About Menopause: What You Should Know through St. Joseph Mercy Hospital • Mar. 4, 7-8:30 p.m. • Designed for women ages 35 to 50, this presentation gives a comprehensive overview of the physical and emotional changes associated with menopause. Led by a nurse and a social worker. $10. Call Sandie Schulze at 712-5400 or 800-231-2211.

Lifestyle Strategies for the Menopause Years through St. Joseph Mercy Hospital • Mar. 11, 7-8:30 p.m. • This class is for women in their late 30's through the 40's to learn practical nutrition and exercise strategies to help you maintain vitality and health before, during and after menopause. $5. Call Sandie Schulze at 712-5400 or 800-231-2211.

Menopause Options: Hormone Replacement and Complementary Therapies through St. Joseph Mercy Hospital • Mar. 18, 7-8:30 p.m. • Join us and learn the facts about hormone replacement therapy and complementary therapies such as herbs, soy proteins and other nutritional supplements. $5. Call Sandie Schulze at 712-5400 or 800-231-2211.

Men's Issues

Men's Issues Therapy Group with Cam Vozar • Mondays starting Jan. 7, 7-8:30 p.m. • An ongoing therapy group supporting men to change their lifestyles and relationships, promoting recovery from addiction, depression, isolation and divorce. $35 per session with some insurances accepted. Call 747-9073, cvozar@aol.com.

Midlife

Coming Into Our Years: Women at Midlife with Jeanne Mackey through Weber Center • Feb. 8 at 7:30 p.m. through Feb. 10 at 1 p.m. • Join with other women to explore the challenges and gifts of the female aging process. The midlife passage invites us to embody our won truths more deeply, to live from the essence of who we are and to shed to ways of being that no longer serve us. Come sing, dream, write and create ceremony as we deepen our collective and personal vision of this passage. $130. Call 517-266-4000, fax 517-266-4004, webercenter@admc-op.org or www.op.org/adrian/weber.

Midwifery

Neonatal Resuscitation and Recertification with Laurie Hodder-Davis through the Holistic Midwifery Institute • Feb. 8, 9-4:30 p.m. • All students must obtain the 2000 Edition of *The Neonatal Resuscitation Textbook*. It is essential to study the book and do the chapter post-tests before the workshop. The class is designed to teach, practice, and test the hands-on practical skills component of the training. The textbook and pre-test study component are designed to help you pass the written, theoretical portion of the certification process. Certification is good for two years. $90 for certification (11:30-4:30 p.m.) or $50 for recertification (9-11 a.m.). Call Patty Brennan at 663-1523, patty@holisticmidwifery.org or www.holisticmidwifery.org.

The Art of Midwifery with Patty Brennan through the Holistic Midwifery Institute • Six Fridays, Mar. 1-April 5; Noon-5 p.m. • This training provides a model of non-medicalized homebirth practice for aspiring midwives and birth assistants. Class covers prenatal care, labor and birth, and postpartum care for mom and baby. Emphasis is placed on incorporating holistic therapies such as homeopathy, herbalism, accupressure and more into all aspects of care. $375 with discount offered. Call Patty Brennan at 663-1523, patty@holisticmidwifery.org or www.holisticmidwifery.org.

Clinical Prenatal Skills with Patty Brennan through the Holistic Midwifery Institute • Five Mondays, April 8-May 6; 6:30-9:30 p.m. • This class focuses on low-tech, hands-on prenatal skills. Students will practice on each other and on pregnant volunteers. Topics include taking and interpreting a health history, nutritional counseling, diagnostic skills such as taking blood pressure, urinalysis and blood tests, and the arts of palpation and listening to fetal heart tones with a fetoscope. $200 with discount offered. Call Patty Brennan at 663-1523, patty@holisticmidwifery.org or www.holisticmidwifery.org.

Mindfulness

The Miracle of Walking on Earth with Esther Kennedy of Weber Center • Jan. 25 at 7:30 p.m. through Jan. 26 at 5 p.m. • Each day, we are engaged in a miracle which we may not recognize: wisdom etched in an old face, silence of the dawn, curious eyes of a child - our eyes. Drawing upon the wisdom of Thich Nhat Hanh, we will practice basic mindfulness. Through sitting, walking and guided meditation, chant and sacred dance, we will water the seeds of mindful living within us and within the community of all beings. $100. Call 517-266-4000, fax 517-266-4004, webercenter@admc-op.org, www.op.org/adrian/weber.

Emergence: What Does It Mean to Live Awake? with Francis Rothluebber of Weber Center • Mar. 15 at 7:30 p.m. through Mar. 17 at 1 p.m. • Each of us is invited to participate in this next stage of the evolutionary process. Our true identity is our Essence, our spirit. As we become our true self, we assume our unique role in the creation of a new kind of human life on the earth. $130. Call 517-266-4000, fax 517-266-4004, webercenter@admc-op.org, www.op.org/adrian/weber.

The Crazy Wisdom Calendar

Mothering

Mothering Arts Support Group with Merilynne Rush and Mickey Sperlich of New Moon Midwifery • Thursdays, 11 a.m.-1 p.m. • Free, drop-in session open to all parents of little ones to share resources, ideas and support for attachment-style parenting. Children of all ages welcome. Very informal. Discussion topics vary based on your suggestions and needs, with guest speakers from the community. Free. Call 734-424-0220, srush86@aol.com.

A Heart to Heart Conversation for Mothers and Daughters on Puberty and Growing Up with Penny Baumeier and Rochelle Kostant through St. Joseph Mercy Hospital • Mar. 2, 1-5 p.m. • Provides both mothers and daughters (ages 9-12) with accurate information about the normal physical and emotional changes that pre-teen girls will experience as they enter puberty. $45 for mother and one daughter, with an additional $10 for another daughter or other female family member. Call Sandie Schulze at 712-5200 or 800-231-2211.

A Heart to Heart Conversation for Mothers and Daughters on Puberty and Growing Up with Toby Jacobowitz and Rochelle Kostant through St. Joseph Mercy Hospital • Mar. 10, 1-5 p.m. • See above description. $45 for mother and one daughter, with an additional $10 for another daughter or other female family member. Call Sandie Schulze at 712-5200 or 800-231-2211.

A Heart to Heart Conversation for Mothers and Daughters on Puberty and Growing Up with Lori VanderRoest and Rochelle Kostant through St. Joseph Mercy Hospital • April 20, 1-5 p.m. • See above description. $45 for mother and one daughter, with an additional $10 for another daughter or other female family member. Call Sandie Schulze at 712-5200 or 800-231-2211.

Movement & Dance

Ann Arbor Authentic Movement Group (A2AMG) • Bi-weekly Wednesdays, 6:30-9 p.m. • We are a self-facilitated peer group meeting since 1996 to explore Authentic Movement in community. Authentic Movement is a practice of self-directed movement with a witness. It offers pathways to embodiment, creative expression, personal process and spiritual resource. Call us for open session/orientation dates. Nominal rental fee. Call Robin Graubarth at 665-2345 or Peter Norlin at 878-2900, redrobinah@aol.com or pfnorlin@earthlink.net.

Sacred Circle Dances with Esther Kennedy of Weber Center • Feb. 20, Mar. 20 (Equinox), April 17; 7-9 p.m. • Dance has always been known as a way of invocation or calling forth the divine. It is a way of remembering and getting in touch with the flow of grace and the presence of spirit. In the circle, we share community, joy, awe and reverence. Donations for the labyrinth appreciated. Call 517-266-4000, fax 517-266-4004, webercenter@admc-op.org or www.op.org/adrian.weber.

Dances of Universal Peace with John and Sylvia Middlebrooks • First Friday of each month, 7-9 p.m. • From the beginning of time, movement, song and story have brought people together. The Dances of Universal Peace are simple, direct and accessible. Dancers join hands to dance in a circle while singing sacred phrases from the world's spiritual traditions. Each dance is easily learned; within a few minutes, people are moving and singing in peace and joy. No previous experience necessary. All welcome. $5 donation requested but not required. Call 996-1332, smidd@altavista.com.

Life Dance with Suzanne Willets Brooks • 12 Thursdays beginning Jan. 10, 6-7:30 • For this class, some dance experience is necessary. Life Dance combines yoga, modern dance and African dance into a fast-paced, aerobic and contemplative style of movement. It is an enjoyable way to connect, create flexibility, endurance and strength. $120. Call 528-0743, brooksjer@provide.net.

Music & Sound

The Power of Sound Chanting Workshop: Experiential Anatomy for Yoga Practitioners with Dianne Kadonaga through Inward Bound Yoga Program • Feb. 2, 9-5 with two-hour break for lunch • The resonance of sound vibration has the potential to free areas of blockage in our bodies and minds. This yoga workshop is directed toward clarifying some of the mechanisms of sound (vocal) production as we experientially map the location of the lungs and breathing apparati, the jaw, and tongue and neck muscles. We will play with vocalization of vowel sounds, bija mantras, the Sanskrit alphabet, and chants in call and response fashion. Previous yoga or singing experience is not necessary! Also, see related workshop by Dianne Kadonaga in the Yoga section. $90. Call 327-4963, info@arjunaworld.com.

Natural Music: Making Your Own with Paul Winter at Henry Ford Museum • April 13, 1-4 p.m. • Music-making is a natural birthright of each person. We all have the ability to express ourselves through sound. This workshop will open doors for any participant, experienced and inexperienced, creating contexts in which our instincts for spontaneous expression can be awakened and nurtured. Deep quiet and listening is part of the experience. Equally valuable to beginners, amateurs, professionals, an opportunity to draw from the wisdom of this internationally acclaimed musician who has done so much to foster an awareness of the sounds of the natural world in music. Sliding scale. For cost, call Upland Hills School at 248-693-2878, info@uplandhills.org.

Didgeridoo Dreaming with Judy Piazza • Jan. 19, 3-4:30 p.m. • Gathering of those who want to explore the world of the didgeridoo together. We'll watch video clips of aboriginal history and players, share our experience of didgeridoo playing. For cost, call Creative Spirit Center at 517-837-1885 or Judy Piazza at 248-656-1071, creative@mindnet.org or jpiazza@igc.org.

Natural History

5th Annual I.D. Day at U.M. Exhibit Museum of Natural History • Mar. 3, 1-4 p.m. • Bring in your treasures and have our experts (a geologist, paleontologists, and archaeologists) identify them. Sorry, no appraisals. The presenters bring interesting objects to show, so even if you don't have an item to be identified, stop by! Free. Call Amy Harris at 763-4191, aharris@umich.edu.

Nutrition & Food Medicine

Food Magic, Diet and Nourishment: Finding Your Truth with Bronwen Wildflower Gates • Jan. 26, 10-5 p.m. • Sometimes the area of nutrition seems like a war zone full of land mines: carbohydrate addiction, high protein or low protein, blood type diets, vegetarian, macrobiotics, intuitive eating. Bronwen will give you a perspective to evaluate so much conflicting information, and the distillation of her years of exploration of food and nutrition. You will be nourished with food and facts, story and history, and leave with a sense of your own personal road map to shape your future food choices, and a glimpse of the sacred alchemy of food magic. $75 includes lunch and materials. Call 734-424-2744, bronwild@aol.com.

> It is good to have an end to journey toward;
> but it is the journey that matters, in the end.
> - Ursula K. Le Guin

Eating, Weight and Body Image Case Consultation Group with Judith Banker of the Center for Eating Disorders • Second Tuesday of each month, 9-10 a.m. beginning Jan. 8 • This group is open to mental health and health care practitioners who would like further training, supervision or support in their work with eating, weight or body image disordered patients. $25 per meeting. Call 668-8448, banker@umich.edu.

Compulsive Overeaters Support Group with Cynthia Gault and Amy Pershing sponsored by the Center for Eating Disorders • Thursdays, 5:30-6:30 p.m. • This ongoing, drop-in discussion group provides education, support and connection for individuals working to overcome issues with overeating and chronic yo-yo dieting. $5 per meeting. Call 668-8585.

Anorexia/Bulimia Support Group with Cynthia Gault and Kathryn Linderman of the Center for Eating Disorders • Mondays, 6-7 p.m. • This group is an ongoing, drop-in discussion group focusing on providing education, support and connection for individuals working on recovery from an eating disorder. $5 per meeting. Call 668-8585.

Parenting

A Mother's Sacred Journey: Parenting as Spiritual Practice with Jill Blixt • Mar. 16, 9:30-2:30 • One of the most sacred activities of our lives is the nurturing and guiding of our children. To be present for them not only requires us to pay attention but it also asks us to reflect on what it means to be a guardian of another Soul. We often get caught up in the "doingness" of mothering to the point of exhaustion. Come discover how to bring more nurturing and balance to yourself while you become more present for your children. $55 includes lunch and materials. Call 665-4577.

Helping Parents Cope with National Disasters and Crisis with Karlta Zarley • Jan. 16, 7-9 p.m. • Have the recent terrorist acts and armed conflict stressed out your children? Do you feel unprepared to assist your children to understand and cope with these events? This class reviews how to best answer their questions, what they need to know most, tips for what parents can do to help their children, and clues to know if they are coping in healthy ways. The class includes a workbook with exercises and excellent resources. $20. Call 433-9333.

Past Life Regression

Past Life Regression: Heal Karmic Blocks with Shala Kilmer • Jan. 26 or April 20 • Free yourself from the past...change your life. You will be taken to a previous life, discover what caused the block, and have all energy blockages removed. Expect change...what's in store for you? $99. Call 248-258-8287, kilmersh@core.com, www.intuitionpath.com.

Personal Growth

Integration Psychology with Penny Weaver • Thursdays, April 4-May 9; 6:30-8 p.m. • The next generation of psychology, it's an adventure in self-discovery and transformation. It combines ancient practices with new age/metaphysical techniques Penny uses in her practice. For cost, call 248-374-1070, pennyweaverj@aol.com.

David Bell, Minister of the Interfaith Center for Spiritual Growth

Recovering from twenty-five years of activism as a card-carrying atheist, gives one a unique perspective on the nature of Truth. One learns the value of humility and the relative nature of everything. Yet rediscovery of ancient knowledge brings with it a passion for all of life and brings a smile to the start of each day.

Emotional Freedom Therapy with Bronwen Wildflower Gates • April 3, 10, 17; 7:30-9 p.m. • This deceptively simple yet incredibly powerful, non-intrusive technique that you can do anywhere teaches you how to break out of debilitating emotional fear patterns within a short time frame - often less than half an hour. This series will teach you the technique, provide you with an opportunity to practice and become confident in its use, and show you how to combine this technique with affirmations to uncover blocks and limiting beliefs. Together, you will be amazed at what shifts you can accomplish in your life. $20 per class or $55 for series. Call 734-424-2744, bronwild@aol.com.

Who Are We? The Myers-Briggs Type Indicator as One Map of the Personality with Michael Andes • Feb. 6 and 13, 7-9 p.m. • Students will complete an inventory and receive a personal report form outlining their "type." Based on the theories of Carl Jung, the MBTI is widely used to address issues of problem-solving and interpersonal communication in specific, non-judgmental terms. $35 for Ann Arbor residents, $42 for non-residents payable to Ann Arbor Community Education and Recreation. Call 662-5215 or 994-2300, michaelandes@mediaone.net.

Creating the Life You Really Want with Kristin Blackburn • Wednesdays, Jan. 23-April 10; 7-8:30 p.m. • A 12-week supportive therapy group for women utilizing the 9 principles from Sonia Choquette's *Your Heart's Desire* in order to identify your personal and professional dreams, eliminate barriers, and create the life you really want. Group format will include weekly homework from the *Your Heart's Desire* workbook, additional information provided by the therapist and group discussion. Space limited to 6. $30 per week plus $18 workbook. Call 994-1531.

Don't Let Your Fear Guide Your Life with Liora Rosen • Time and date TBA • This group provides an opportunity to refocus and reassert the celebration of your life. It focuses on decreasing anxiety and emotional pain, strengthening life skills for growth and providing a truthful basis to emotional connection and knowledge of boundaries for a healthy life in your personal and professional realms. $35 per session. Call 670-2131.

Aha! Ten Ways to Free Your Creative Spirit and Find Your Great Ideas with Andrew Taylor • Feb. 5, 12, 19, Mar. 5, 12, 19, 26, April 2; 7-9 • All success is rooted in great ideas. Aha! shows you how to create ideas that will take you from where you are to where you want to be. It is full of practical resources and strategies for putting the magic back into your work, your play and your whole life. Based on a book by Jordan Ayan. $60. Call Melanie Hoekstra/ Maryann Simons at 647-6838, hoekstra@umich.edu.

Discover the Power and Joy in Your Life Transitions with Melanie Fuscaldo • Part 1: Feb. 5, Noon-1:30 p.m.; Part 2: Feb. 12, Noon-1:30 p.m. • If you or a loved one is anticipating or experiencing a transition in career, retirement, health or relationship, this workshop will support you in opening your heart, body and mind to the spiritual purpose in this transition. $25 per session. Call 668-2733.

21st Century Bridge to Change: Personal Development Section with Randall Rousse • 6 Thursdays beginning Jan. 17, 7-9:30 p.m. • This is an opportunity to explore how change affects us in our personal and work lives. We will review current pace of change in our lives, how to plan and create a future from the desires of your heart. Heart of course will follow successful path demonstrated by John Randolph Price in his book, *Empowerment for Self Mastery*. $85. Call Randall at 973-8623 or Jackie at 665-8883, star1spirit@aol.com.

Prayer

Wednesday Evening Prayer with Visitation Staff • Wednesdays, 7:30 p.m. • Awareness of our interconnectedness to the earth and to all people shapes the framework of our prayer. Everyone is welcome to be a part of this praying community. The evenings focus on a rotation of themes: healing, praise, attentive listening, thanksgiving and global consciousness. The Wednesday evening prayer will focus on a change of heart: non-violence. Please note: Feb. 13 is Ash Wednesday service at 7:30 p.m., and there will be no Wednesday evening prayer on Mar. 27. Free. Call 734-242-5520, visitation@teleweb.net.

Sitting Prayer through Visitation • Mondays, Noon-12:30 p.m. • This time is an opportunity to connect with God at the center of one's being in a quiet environment with a community of praying people. Presence for the full half hour is expected. Free. Call 734-242-5520, visitation@teleweb.net.

Professional Enrichment

Business Skills for the Self-Employed with Patty Brennan of The Holistic Midwifery Institute • Jan. 19, 9-5 p.m. • Come and learn the skills necessary to be successfully self-employed. Topics include money issues, recordkeeping, taxes, marketing, limiting liability, professionalism, ethical concerns and more. This class is appropriate for anyone setting up a service-oriented business. $100 with discount offered. Call 663-1523, patty@holisticwidwifery.org.

Reiki

Drop-In Reiki Healing with Robert Hughes • Fridays, 4-6 p.m. at Crazy Wisdom • Receive the grace and healing power of Reiki in a comfortable, convenient and private space. $1 per minute, $50 per hour. Call 827-1443.

Reiki with Ray O. Golden through Pierpont Commons • Feb. 3, 10-5 p.m. • Reiki is a powerful, natural and ancient healing technique which can be learned by anyone. It is a process in which the energy of the universe flows through the person performing it to heal the individual. Reiki is non-invasive and is effective for treating emotional, mental, causal, and spiritual levels through treatments that are deeply relaxing and energizing. $65. Call Melanie Hoekstra/Maryann Simons at 647-6838, hoekstra@umich.edu.

First Level Reiki Workshops with Ray O. Golden of Center for Intuitive Health • Jan. 20, Feb. 10, Mar. 30 or April 28; 9-6 p.m. • See above description of Reiki. In the level one workshop, the student receives ALL the traditional attunements to the Reiki energy, learns to facilitate other's healing as well as self-healing techniques. Class sizes are limited to allow for individual attention. $125 with discount offered includes manual and certificate. Call 663-9724, intuitivehealth@aol.com.

> Instead of hating the people you think are war makers, hate the appetites and the disorder in your own soul, which are the causes of war.
>
> - Thomas Merton

Second Level Reiki Workshops with Ray O. Golden of Center for Intuitive Health • Mar. 16 and 17, Saturday 6-10 p.m. and Sunday 10-4 p.m. • In the level two workshop, traditional advanced attunements deepen the process. The student learns even more powerful healing techniques and distance healing techniques. Class sizes are limited to allow for individual attention. $225 with discount offered. Call 663-9724, intuitivehealth@aol.com.

Free Reiki Introduction and Healing Night with Ray O. Golden of Center for Intuitive Health • Jan. 3, Mar. 14, April 4; 7-9 p.m. • An introductory talk on Reiki and an opportunity to experience Reiki energy. Free. Call 663-9724, intuitivehealth@aol.com.

Reiki I with Penny Weaver • Jan. 12, Feb. 9 or Mar. 9; Noon-3 p.m. • Learn to use the life force energy in your hands to balance your own energy. For cost, call 248-374-1070, pennyweaverj@aol.com.

Reiki II with Penny Weaver • Jan. 19 or Mar. 16, 12:30-4:30 p.m. • Learn to use the life force energy in your hands to balance the energy of any living thing. For cost, call 248-374-1070, pennyweaverj@aol.com.

Seichim-Seichim with Penny Weaver • Wednesdays, Jan. 30-Feb. 13; 8:30-10 a.m. or Thursdays, April 4-18; 8:30-10 a.m. • Make your Reiki more powerful through Seichim-Seichim. It is a remarkable vibration of the ray of universal healing energy of the angel realm and fifth dimension. Three classes. For cost, call 248-374-1070, pennyweaverj@aol.com.

The Crazy Wisdom Calendar

Reiki (continued)

Reiki Level I and II with Elena Gillespie • Feb. 9, 10-6 p.m. and Feb. 10, Noon-4 p.m. • Usui Reiki Level I taught on Saturday and Level II taught on Sunday. Learn to heal yourself and others! $75 Level I, $85 Level II or $150 for both. Call 482-4078.

Curious About Reiki? Free Introductory Talk with Suzy Wienckowski • Mar. 6, 7-9 p.m. • Suzy Wienckowski speaks on the Usui System of Reiki healing. In this gentle, hands-on healing art, Universal Life Energy is transmitted through the hands of a practitioner to facilitate healing and promote balance of the whole person. Reiki is deeply relaxing and soothing. Free mini-treatments will be offered. Free. Call 665-8665, suzyreiki@aol.com.

First Degree Reiki Class with Suzy Wienckowski • Jan. 25-27 or Mar. 15-17; Friday 7-9:30 p.m., Saturday 9:30-4 p.m., Sunday 9:30-12:30 p.m. • Reiki is a gentle, hands-on healing art for reducing stress, easing pain, and restoring balance and harmony on all levels: body, mind, and spirit. Initiation by a Reiki Master activates the flow of Reiki healing energy through your hands. The First Degree class includes the history of Reiki, hands-on form for treating yourself and other and four individual initiations. $150. Call 665-8665, suzyreiki@aol.com.

Second Degree Reiki Class with Suzy Wienckowski • Feb. 8-9, Friday 7-9 p.m. and Saturday 10-4 p.m. • Second level of training of the Usui System of Reiki Healing. Students learn and are empowered to use the three sacred Reiki symbols. The symbols focus and intensify the Reiki energy, enabling the practitioner to heal on a deeper level and to send Reiki at a distance. First Degree training is a prerequisite. $500. Call 665-8665, suzyreiki@aol.com.

Reiki Level 1 with Marliesa Back • Jan. 27, 10-5 p.m. • Reiki is a gentle yet powerful healing energy. Learn about Reiki and how to use the energy in a small class with plenty of opportunity for practice and questions. Practice the hand positions for use on others and on yourself, and receive the traditional initiations that allow you to transmit Reiki energy. $95. Call 428-1451.

Reiki Level 2 with Marliesa Back • April 26, 7-10 p.m. and April 27, 10-5 p.m. • This class is offered for those who have worked with Level 1 Reiki and wish to learn more and deepen their connection with Reiki. Learn the Reiki symbols and develop a relationship with each of them. Use these symbols to send Reiki across distances and to deepen your hands on work. Classes are small, with plenty of opportunity for practice and questions. $150. Call 428-1451.

Singing & Songwriting

Songwriting: A Path to Self-Discovery and Acceptance with Laura Massaro • Eight two-hour sessions begin second week in March • Specific workshops will be available to focus on different levels. The emphasis is on providing each participant with the technique and motivation to create songs as a path to self-discovery and acceptance. A fun, supportive environment. Small groups and individual lessons. $20 per class. For dates and times, call 971-6627.

Teen Circle of Sound with Kathleen Moore • Two Saturdays per month starting Jan. 12; 11:30 a.m. • See complete description under Kids & Young Adults.

Women's Circle of Sound with Kathleen Moore • Bi-weekly Thursdays starting Jan. 17, 12:30 p.m. • For those women who want to use music and singing as part of their process of personal healing. Singing with heart, singing with connection to the deepest parts of ourselves, we will aim to open and allow each person's unique voice to embody and express their life experience. We will seek to build community within the circle, through music and discussion. Instrument music will also be part of our time together - no experience necessary. All levels welcome. Included also will be other modes of involvement with music: listening, imagery, movement... $25-$35 per session sliding scale. Call 668-8146.

Blossom and Bread: A Woman's Singing Circle with Carolyn McDade of Weber Center • April 12 at 7:30 p.m. through April 14 at 1 p.m. • We sing as personal, social and planetary beings woven with the threads of cosmic formation. In singing together, we awaken and nurture a deep faithfulness that arises with fresh imagination, aligning our lives with the profound energies birthing another reality - of reverence, peace, justice and understanding. Through singing, simple ritual and reflection, we seek to be the synergy Joanna Macy describes as the interdependent release of fresh potential. $130. Call 517-266-4000, fax 517-266-4004, webercenter@admc-op.org.

Rhythm and Song Circle with Judy Piazza • Jan. 19, 10-Noon • All drums, all voices welcome for this playful and soulful exploration of rhythm and song! Bring drums (djembe, conga, frame, etc.) and other hand percussion. For cost, call Creative Spirit Center at 517-837-1885 or Judy at 248-656-1071, creative@mindnet.org. or jpiazza@igc.org.

Spiritual Artwork

An Art Show of Aura, Spirit Guide and Angel Drawings by Carol Lynn Abramson • Jan. 31, Feb. 1, April 11 and 12; 6:30-10:30 p.m. at Crazy Wisdom • Many unseen friends I have worked and played with are willing to be subjects for my art work. This show is filled with many who are here to help and play with all of us. Come just to enjoy. A sign up sheet will be available to have your personal drawings done of your unseen friends. The show is free. Special prices: $65 for a drawing of your aura; $100 for a drawing of your unseen friends and angels. Call 485-2270, mura14you@aol.com.

Photo by Neil Heidrich

Cranial/Sacral and Polarity Therapist Jan Pemberton

What do I love about cranial work? I love the Stillness, the vibrancy, the awe-inspiring depth and potency that is present within all of us. I love when this incredible potency really starts to come through in a client and the healing is being orchestrated by a Dynamic Stillness from within. This is awe inspiring and humbling. I love the gentle power of this work. I love the heart and soul opening and connection that can be experienced with this work. The way treasured wounds can be transformed so gently.

The Spiritual Art of Carol Lynn Abramson • Feb. 28; 6:30-10:30 p.m. at Crazy Wisdom • My paintings are soul expressions of the awakening spiritual self. Often a healing energy is imparted into my work. I hope as my work moves out into the world that it will touch a part of each person who experiences it and helps them find the passion of their soul. The show is free. Call 485-2270, mura14you@aol.com.

Spiritual Community

Creating Spiritual Community: An Introductory/ Visioning Evening • Feb. 6 and April 3, 7 p.m. • Experience an evening of bringing our light and visions together to form an inclusive spiritual community that honors all our unique pathways, backgrounds, traditions and abilities. Participate with us in visioning, meditation, sharing, connecting and fun. Through our love, acceptance and support, we can serve, heal and empower the light workers that bless this area. Free. Call Community for Sacred Service, Tamara Sutton at 332-7979 or Neil E. Rand and Esther M. Rand at 810-229-4080, b4thelight@earthlink.net.

A Gathering in Spiritual Community: An Afternoon for Connecting Our Hearts • Jan. 20 and Mar. 24, 1-5 p.m. • We are creating a sacred space of love, acceptance and support to get to know each other. Join us for an experience of community, meditations, dance, music, presentations, demonstrations, mini classes, socializing, networking and spiritual fun. Donation. Call Community for Sacred Service, Tamara Sutton at 332-7979 or Neil E. Rand and Esther M. Rand at 810-229-4080, b4thelight@earthlink.net.

Spiritual Development

Author Andrew Harvey at Church of Today • Jan. 20, 2-5 p.m. and Jan. 21, 7-10 p.m.; also Mar. 1, 7-10 p.m. and Mar. 2, 10 a.m.-4 p.m. • Andrew Harvey is a prolific author. His well-known books include *Way of the Mystic*, *Hidden Journey*, *Journey to Ladakh* and *Essential Gay Mystics*. Call 810-758-3050, www.churchoftoday.com.

Pathwork Introductory Weekend with Great Lakes Pathwork • Feb. 22-24, 7 p.m. Friday to 1 p.m. Sunday • The teachings of the Pathwork offer a complete path for transformation and spiritual fulfillment in a practical, gentle and self-accepting way. The Pathwork is based on material from 258 inspired lectures and offers specific tools to make the unconscious conscious; to see our wrong beliefs and negativity clearly; to understand their roots and causes; to accept them; and most importantly to transform them. The lectures outline a process by which we can transform our areas of pain and unfulfillment. This introductory weekend will provide an overview of some of the basic principles and key concepts from the Pathwork lectures and an opportunity to experience the process of transformation that this material offers. No previous experience with the Pathwork is necessary. $300 includes lodging and all meals. Call Ann Agler at 623-4805, www.pathwork.org.

A Gathering In Spirit with Brenda Morgan • Feb. 16 and April 20, 9-4 p.m. • A day-long spiritual intensive for those wishing to deepen their spiritual/meditative practices and openness to God. Each intensive is unique. Brenda's spiritual state catalyzes one's opening to the Universe. Only a sincere interest in opening to Spirit is necessary; the particular religious structure chosen should not conflict with the day's activities. The specific activities help catalyze the participant's insights into seeing some of their egoic strategies and learning how to return attention to the priority in life: God. No experience necessary. $85. Call Susan at 665-0536.

Earth, God and You with Brenda Morgan • Feb. 15, 7-9 p.m. • Brenda's spiritual transformation in which Inner Enlightenment/No Mind Within has occurred, will be the basis for this evening's seminar. Time will be set aside for questions and answers as well as direct experience of the meditative state. $35. Call Susan at 665-0536.

Falling In Love with Life with Brenda Morgan • April 19, 7-9 p.m. • See above description. $35. Call Susan at 665-0536.

How to Survive Spiritually in Our Times: A Mini-Seminar at the Ann Arbor District Library • Mar. 9, 10-4 p.m. • Stephan Meyer, Stan Heide, Fash Forde and others will conduct talks, workshops and creative works addressing the issues of how to survive spiritually in our time. Anyone interested is welcome to attend any or all of the events scheduled for the day. The seminar is sponsored by ECKANKAR. Free. Call Shauncie Weber at 944-0766, shweber@hotmail.com.

Return of the Sacred Child with Randall Rousse • Alternate Tuesdays and Wednesdays, 6:45-9:45 p.m.; guest evening Jan. 9 • We will explore a 21st century experience of connecting to Christ, through the *Sacred Child Essence* within. The *Sacred Child Essence* and gifts of the spirit, shrouded in various sacred teachings and mysteries of our past, can become transformative in the 21st century unfolding of our spiritual essence in return of the sacred child! Classes will use activities, symbol, parable and initiation. Only life experience required. Class size limited to 12. Eight weeks for $120 includes classes, a journal, initiation and newsletter. Call 973-8623, star1spirit@aol.com or Genesis Center at 665-8883.

What is a Spiritual Director? with Jonathan Ellis • Jan. 25 or Mar. 22, 7:30-8:30 p.m. • This hour-long presentation is for anyone who wants to learn how individual monthly meetings with a spiritual director can support your spiritual life. Not someone who decides a direction for you, a spiritual director is a coach who is experienced in helping people sort through their ideas and feelings about the spiritual path of their own choosing. Former co-owner of Crazy Wisdom and long-time spiritual director, Jonathan Ellis will explain how such monthly sessions can let you step back regularly, look at the last month of your life from a spiritual perspective and focus your intention for the month ahead. Free and open to all. Call 668-6672.

Blending the Light: Combining the Ancient Traditions of the Kabbalah with Current Metaphysical Practice with Neil E. Rand and Rabbi Esther M. Rand • Jan. 30, 7 p.m. • Learn about this unique format for connecting with G-d/Spirit. An evening that introduces you to the interplay and merging of traditions, practices, meditations and philosophies. Experience wisdom from both channeled and ancient sources for receiving divine light and manifesting it through you into this dimension. For cost, call 810-229-4080, b4thelight@earthlink.net.

Opening Yourself to the Light with Neil E. Rand • Five Tuesdays starting Feb. 19 • Opening to your inner guidance and finding the truth within your self. Moving forward on your spiritual path and understanding the priorities for your life. Methods of working with divine light and the higher dimensions. The cosmic laws and their applications in our daily lives. Small experiential class focused on individual attention and practice. $200. Call Pathways in Light and Love, Sharon Hayward at 426-6489 or Neil E. Rand at 810-229-4080, b4thelight@earthlink.net.

Experience the Light Within with Neil E. Rand • Four Wednesdays starting April 10 • Connecting with your inner guidance and exploring your life path. Topics covered include energy clearings, transmutation, removing blockages to spiritual growth, development of your spirituality, integrating and harmonizing the spiritual and physical aspects of your life, manifesting divine light and love. Small experiential class focused on individual attention and practice. Donation. Call Pathways in Light and Love at 810-229-4080, b4thelight@earthlink.net.

Everyday Enlightenment with Andrew Taylor, based on book by Dan Millman • Feb. 4, 11, 18, Mar. 4, 11, 18, 25, April 1; 7-9 • The path of personal growth leads upward through the gauntlet of human experience to the peaks of our potential. On this journey, encounter 12 gateways whose purpose is evolution, whose aim is everyday life, whose secret is action, whose time is now. $60. Call Melanie Hoekstra/Maryann Simons at 647-6838, hoekstra@umich.edu.

Gurdjieff/Ouspensky, A 4th Way School Introductory Meeting by Students of a 4th Way School • Sundays 2 p.m. or Wednesdays 7 p.m. • In this system, which studies 'man' as an incomplete being, particular stress is laid on self-study, and in this sense the idea of self-study is necessarily connected with the idea of improvement. As we are, we can use very little of our powers, but study develops them. Self-study begins with the study of states of consciousness. 'Man' has the right to be self-conscious, even such as he is, without any change. Yet he has not got it, although he thinks he has. "Know thyself" is at the basis of all real change. For cost, call Jeanie Wayker at 697-2477, marie12@mediaone.net.

Stress Management

Meditation for Stress Management: Retooling for New Times with Sandy Finkel • Mondays, Jan. 21-Mar. 18; 7:30 • Most of us had enough stress before Sept. 11. Give yourself the gift of a greater sense of peace, control and accomplishment. Explore various approaches, including meditation, mindfulness, time management, developing a positive attitude, mind/body connection. $150. Call 769-0053, smfinkel@umich.edu.

Stress Management: Embracing the Peace within You with Melanie Fuscaldo • Part 1: Jan. 23, 12-1:30 p.m.; Part 2: Jan. 30, 12-1:30 p.m. • Tune in to messages from your body, mind and spirit and learn effective strategies to enhance your well being. Identify your unique stressors. Experience guided imagery for relaxation and to gain information from your inner guide. Leave with coping strategies to increase your effectiveness. $25 per session. Call 668-2733.

Sufism

Circle of Blessing: Sufi Studies and Zikr with Siddiq John Middlebrooks • One Friday each month, 7:30 p.m. • This class offers an introduction and continuing study of the Sufi path of the heart based on teaching papers of the Indian Sufi Hazrat Khan and his American student, Murshid Samuel L. Lewis. Teaching is accompanied by Sufi breath and chant practice, including the Zikr, a practice of remembrance of the Divine Name. Free. Call 996-1332, johnsiddiq@altavista.com.

Tai Chi & Martial Arts

Shaolin Temple Strength Training with Michael Gillespie • Basics: Tuesdays, 7:30-8:30; Advanced: Tuesdays, 8:30-9:30 • Basics include stance training, endurance, coordination, fitness training and basic self defense. Advanced class includes iron palm, tiger, mantis, chinna and chi-gung. $10 for Basics; Advanced classes vary. Call 485-2018.

Tai Chi with Genie Britt • Sundays, 4:30-5:30 p.m. • Wu style of Tai Chi for health and focus. Beginners welcome. $5 suggested donation. Call Jewel Heart at 994-3387, office@jewelheart.org.

Harmony of Energy with Wasentha Young through Weber Center • Feb. 15, 7:30 p.m. through Jan. 17, 1 p.m. • Chi-Do consists of a variety of Tai Chi movements: exercises that strengthen one's ability to use healing imagery; several meditation styles; breathing and sounding techniques; as well as essential potent points for self-acupressure. Chi-Do offers participants a refreshing eclectic repertoire of useful and reliable practices for everyday spontaneous maintenance of physical, mental and spiritual well-being. $130. Call 517-266-4000, fax 517-266-4004, webercenter@admc-op.org.

Tai Chi Chuan Beginner Class with Jim Carey and Beth Wiggert through Peaceful Dragon School of Tai Chi Chuan and Chi Kung • Thursdays 6-7:15 p.m. and/or Saturdays 10-11:15 a.m., Jan. 10-Mar. 21 (includes practice sessions Mondays 6-7 p.m.) • Tai Chi Chuan is a Chinese internal style of martial arts. As an internal art, it emphasizes the integration and cultivation of the internal energy with the body and mind. This is done by concentrating on the techniques of relaxation and the use of imagery while in motion. Balance and an overall sense of well-being are enhanced through these techniques as well as Tai Chi Chuan's unique, slow and graceful movements and breathing coordination. Tai Chi Chuan is often characterized as "meditation in motion" because of the stillness it exemplifies. $170. Call 741-0695, www.peacefuldragonschool.com.

Form Progression (ongoing) with Wasentha Young through Peaceful Dragon School of Tai Chi Chuan and Chi Kung • Tuesdays, 6-7:15 p.m., Jan. 8-Mar. 19 (includes practice sessions Mondays 6-7 p.m.) • After completing the Tai Chi Chuan solo form, students who would like to continue their study can join this class. The form and its basic principles are focused on to develop the quality of the student's comprehension and experience of the art. There is more individualized attention given to deepen the students' insight of their body/mind connection, locating and dissolving tensions and understanding the dialogue between the body, mind and spirit. $140. Call 741-0695, www.peacefuldragonschool.com.

Push Hands (ongoing) with Wasentha Young through Peaceful Dragon School of Tai Chi Chuan and Chi Kung • Tuesdays, 7:15-8:15 p.m., Jan. 8-Mar. 19 • Push Hands is a two person exercise that studies the interaction of forces. Through some of the primary movements in the TCC form, in interaction, students explore the Push Hands principles of how to listen, adhere, yield and neutralize force. These principles expand beyond the interaction in class and hold the understanding of potential relationships in conflict resolution, and corporate, political and the basic dynamics between groups and individuals. As a student develops in this class, they move out of the choreographed movements into "free-style" Push Hands. Student must have complete the TCC form before enrolling in this class. $140. Call 741-0695, www.peacefuldragonschool.com.

Advanced Application: Sword, Staff, Saber (Dao) and Empty Hand with Wasentha Young through Peaceful Dragon School of Tai Chi Chuan and Chi Kung • Wednesdays, 7:15-8:15 p.m.; Jan. 9-Mar. 20 • As a martial art, every movement within the Tai Chi Chuan forms holds a self defense technique. These techniques are curtained while performing the forms, but are nonetheless a part of the dynamics of the form's momentum in movement. To overcome the opponent, the proper body mechanics utilize their force. Participants will also explore how the basic principles of TCC can also be applied to everyday interactions. $140. Call 741-0695, www.peacefuldragonschool.com.

The Crazy Wisdom Calendar

Tai Chi & Martial Arts (continued)

Fundamentals of Chi Kung and Wild Goose Form with Wasentha Young through Peaceful Dragon School of Tai Chi Chuan and Chi Kung • Wednesdays, 6-7:15 p.m. • Chi Kung is a type of Chinese Yoga. This class will focus on Chi Kung's soft and hard fundamental techniques, Chi Kung Buddhist, Taoist, Medical and Martial styles, mind/body coordinated movement, breathing techniques, stretching and an introduction to the energy pathways (meridians) of the body. Students will also begin to learn the Wild Goose Chi Kung Form. This graceful form combines the fundamental techniques of Chi Kung, and simultaneously stimulates the body's principal energy pathways. It is a continuous form of 64 movements and takes 15-20 minutes to perform, offering the body a complete exercise routine. $170. Call 741-0695, www.peacefuldragonschool.com.

Women's Self-Defense Training with Ryan R. Wilson • 8 Tuesdays, Feb. 19-April 16; 6:30-8 • Women have an innate gift for applying the soft and relaxes principles of internal Kung Fu and, with the knowledge of basic self-preservation techniques, can easily avoid, evade, check and disable even the strongest of attackers. Self-empowering training focuses on cultivating serenity in the face of adversity, centering of internal energy and overall awareness of self and environment. Classes include dynamic strength training exercises (vital qi gung), pin-point accuracy when striking, location of vital targets and the use of practical weapons. Highly recommended for all women ages 14 and older. $99. Call Raevan at 975-9429, wuyaodao@aol.com.

Introduction to Internal Energy Development Through Martial Arts with Ryan R. Wilson • Feb. 5, 6:30-9:30 p.m. • Chi, the vital energy of the universe, is infinitely available for use in all aspects of our life and being. In learning to sense, cultivate and direct chi, we open ourselves to a greater realization of potential and the ability to use this energy for healing, self-improvement, self-preservation and creative manifestation. This interactive seminar will introduce people to the martial and medicinal energy practices of Tai Chi, Kung Fu, Qi Gung, Ki Jutsu and Yao Shu, which will then be compared and contrasted. Demonstrations will include hands on healing, the use of mind energy for defensive measures and exercises designed to cultivate intuitive and full-sensory capacities. $10 suggested donation. Call Raevan at 975-9429, wuyaodao@aol.com.

Qi Gung and Yao Shu with Ryan R. Wilson • Tuesdays, Feb. 19-April 16; 8-9:30 p.m. • Traditionally, martial healing practices and martial self-defense practices have been taught side by side to harmonize training. Serving to complement and balance martial self-defense training, but complete systems in and of themselves, healing qi gung and yao shu are medicinal arts used by practitioners to develop and enhance their receptivity and sensitivity to the vital energies of the body. Students will begin to identify the vital and lesser energy meridians, key acupuncture points and optimal chi flow patterns through the joints and major organs of the body. Training includes movement therapy to clear energy blockages, static meditative exercises to increase sensitization and mind focus, breathing techniques to purify the lymphatic and circulatory systems and an introduction to hands on pressure point healing modalities. Beginners welcome. $89. Call Raevan at 975-9429, wuyaodao@aol.com.

Dim Mak Martial Qi Gung Training Seminars with Ryan R. Wilson • Jan. 26, Feb. 23, Mar. 9, Mar. 30 or April 20; 9:30-2:30 p.m. • This advanced Dim Mak combat training is open to practitioners of any martial art style. It is designed to compliment and enhance training through focused development of Unyielding Internal Strength that can then be channeled with precise control and awareness. Learn advance qi-breath and iron-body techniques that enable one to sustain multiple lethal blows to the neck, throat, groin, kidneys, floating ribs, heart and solar plexus without injury. Dim Mak self-defense tactics training employs precision nerve point striking and qi blows to disable the vital nerve-plexes of the body. The focus of these seminars is on the advancement of one's internal energy system with the ultimate purpose being the preservation of all life, including any assailants. Students interested in seminar participation must have current or past martial arts training and will interview with instructor prior to undergoing training. $79. Call Raevan at 975-9429, wuyaodao@aol.com.

Beginning Chen Style Tai Chi Chuan with Great Lakes Wushu • Monday and Thursday evenings, Saturday mornings beginning Jan. 7 • During the four month session, the class will learn a 36 movement form. Basic training includes stances, chan si jin (silk reeling), and chi gong. $65 per month. Call Richard Miller at 994-5480, www.greatlakeswushu.com.

Tae Kwon Do with Tom Hart • Feb. 19, Mar. 5, 12, 19, 26, April 2, 9, 16; 7-9 p.m. • Open to all skill levels, this class will teach a comprehensive style of self-defense, building upon a solid foundation of traditional Tae Kwon Do. This style adds a variety of self-defense tactics. Tao Kwon Do emphasizes person development, self-defense and harmonization of mind, body and spirit. $55. Call Melanie Hoekstra/Maryann Simons at 647-6838, hoekstra@umich.edu.

Tai Chi Chuan and Qi Gong with Aiji Pipho • Feb. 7, 14, 21, Mar. 7, 14, 21; 6-7 p.m. • Beginning Tai Chi Chuan with Flying Crane and Taoist longevity Qi Gong. Tai Chi Chuan and Qi Gong are related arts based upon the generation of internal force or "chi." They are both practiced with slow, graceful movements and deep breathing, producing stress reduction, body health, strength, balance and coordination. A definite "feel good" exercise! $55. Call Melanie Hoekstra/Maryann Simons at 647-6838, hoekstra@umich.edu.

Capoeira with Mestre Caboquinho • Feb. 12, 13; 7-9 p.m. • Brazilian martial art and dance. $24. Call Melanie Hoekstra/Maryann Simons at 647-6838, hoekstra@umich.edu.

Tarot & Divination

Intuitive Readings Using the Runes with Lee Cole in the Crazy Wisdom Tea Room • First and third Thursdays of each month, 7-10 p.m. • $1 per minute. No appointment necessary. Call 449-4239.

Drop-In Tarot Readings with Kathy Bloch in the Crazy Wisdom Tea Room • Every Tuesday, 7-10 p.m. • $1 per-minute or $30 for 45 minutes. No appointment necessary. Call 663-0435 if you prefer to schedule a reading.

I Ching (stick method) with Wasentha Young of Peaceful Dragon School of Tai Chi Chuan • Mar. 22, 6-8 p.m. • The I Ching is the root and foundation of all the philosophies and traditional practices of the Chinese culture. It is a book of oracles that offer a method of comprehending ourselves, the world and the interaction of life forces. Over 3,000 years ago, this system developed as a vehicle of access to the natural order of life's dynamics. Today, the coins are the most popular method of consulting the I Ching. However, the stick method allows on the time to reflect on the questions and see the way to the answer. $50. Call 741-0695, www.peacefuldragonschool.com.

Theater

Pilgrim's Party: An Original Dramatic Presentation written by Janet Beddoe and Roberta Nobleman, directed by Celia Braxton through Weber Center • Feb. 10, 2-5 p.m. • Emotionally troubled Vivienne Eliot was T.S. Eliot's wife and one-time muse. Christian writer and spiritual director, Evelyn Underhill, became the poet's close friend. Evelyn and Vivienne never met, but what if they had? Join them for tea on Sunday, 1921, '31 and '41 to share their wit, wisdom, probing questions, poetry and lighthearted fun. $10. Call 517-266-4000, fax 517-266-4004, webercenter@admc-op.org.

Sacred Theater: The Acts of Wise and Compassionate Ones with Peggy Nash-Rubin through Weber Center • Feb. 22 at 7:30 p.m. through Feb. 24 at 2 p.m. • In Sacred Theater, your life is experienced as a great play - rich dialogue, cast of thousands, many scenes, terrific drama, soul-stirring action, with a beginning, middle and end. Or if not an end, at least a time when the curtain closes, the lights go out, the actor leaves the stage and the audience departs. Through enactment of stories from sacred writings around the world, participants will create a modern celebration of the actions, words, movement and rites to honor the divine feminine. $350 includes tuition, accommodations and meals. Call 517-266-4000, fax 517-266-4004, webercenter@admc-op.org.

Therapy & Support Groups

Emotional Healing for Women with Chronic Illness or Pain with Erica Dutton of Wellspring Counseling • Ten weeks starting in January, 1 1/2 hour ongoing sessions • For many of us who have chronic illness or pain, our "old" way of living doesn't work anymore. Now we have to create a new life that makes room for the reality of our chronic illness and pain but doesn't allow the illness to take over. Typical issues discussed are anxiety, depression, coping with feelings, moving from denial to acceptance, practical strategies for coping with pain and fatigue, family and work issues. Members will set individual goals and work towards accomplishing them in the ten weeks. $350 with some sliding scale available. Call 677-3056, eldutton@wccnet.org.

Women: Taking Control of Your Life Group Therapy with Laurie Krauth • Tuesdays, 6:30-8 p.m. • Supportive and challenging group for women who want to identify and change the self-defeating patterns that keep them unhappy in relationships, work, parenting or other situations. $30 per session/insurance. Call 996-9111 ext. 234.

Lesbian Couples: Building and Maintaining a Healthy Relationship Group Therapy with Laurie Krauth • Call for dates and times • A short-term supportive group for lesbians to improve their relationships and discuss issues with other couples. $50 per session per couple/ many insurances accepted. Call 996-9111 ext. 234, lkrauth@mediaone.net.

Serenity Retreat for Women in AA with Cora "Tommie" Dayton and Rose Celeste O'Connell through Weber Center • Pre-Retreat: Feb. 21, 7:30 p.m. through Feb. 22, 4:30 p.m. (dinner included); Retreat: Feb. 22, 7:30 p.m. through Feb. 24, 1 p.m. • We all know the invitation, the call and the challenge to live this 24 hour day with the 12 Steps of Recovery. Once again, a pre-retreat day is offered. Last year's participants appreciated this special time for meditation, sharing, discussion of sponsorship and other questions related to recovery. $115 for pre-retreat; $115 for retreat. Call 517-266-4000, fax 517-266-4004, webercenter@admc-op.org.

Touchstone Group Support for Women Survivors of Sexual Assault and Child Sexual Abuse with Sexual Assault Crisis Center • Wednesdays starting Jan. 23, 6:30-9 p.m. • Touchstone is a two-phase program designed to help survivors of sexualized violence move from surviving to thriving. Phase One is an information and discussion series that explores issues related to sexual violence and its effects on survivors. Phase Two is a structured therapeutic support group which focuses on helping survivors overcome the effects of sexual violence and thrive in their lives. Free, but a $3 donation per session is requested. Call Cathryn Antkowiak-Howard at 971-3696 between 9-5 p.m.

Traditional Chinese Medicine

An Introduction to Acupuncture and Traditional Chinese Medicine with Heather Sloan of Vital Point Healing Center • Feb. 11, 7-8 p.m. at Crazy Wisdom Meeting Room • A lecture then discussion about how two very different medical models (Western Medicine and Chinese Medicine) can make a much more complete medical system for total health care when used together. The speaker will address a number of health concerns which are treatable with Acupuncture and will take general questions about Acupuncture and the treatment of disease. Free. Call 827-9547.

Women's Health

Kegels Plus: A Monthly Pelvic Floor Exercise Class with Nancy Denenberg • Jan. 17, 7-9 p.m.; Feb. 17, 1-3 p.m.; or April 7, 2-3 p.m. • Kegels are especially helpful during the childbearing year, and for issues and surgeries related to incontinence, sacro-iliac (S-I) pain and lower back pain. We will discuss the anatomy and physiology of the pelvic floor, how best to exercise and relax these muscles in isolation and combined with other exercises, and home practice strategies. Follow-up practice provided in the Toning and Tuning class. (See Bodywork listing.) $25. Call 761-1514, nancyd@corsa-inst.com.

Womenspirit

Women's Lives: The Archetypes Within Us with Jean Shinoda Bolen through Weber Center • April 19, 7:30 p.m. through April 21, 1 p.m. • Myths often illuminate the nature of the spiritual journey, especially those about the descents into the underworld. As spiritual beings on a human path, we yearn to have authenticity and meaning in our lives. This workshop is a time to reflect upon the turning points in our lives, where we are now, and what decisions we are called to make. $325. Call 517-266-4000, fax 517-266-4004, webercenter@admc-op.org.

Sister-Friends Embrace with Janet Fulgenzi, Esther Kennedy, Bernie Lopata and Kathleen Schanz through Weber Center • Mar. 1, 7:30 p.m. through Mar. 3, 1 p.m. • A weekend gathering to share with sisters, step-sisters, sisters-in-law and women who are like sisters to one another. Through ritual and conversation we will honor and celebrate sister-friends. On Saturday evening, *Spectrum, Women of Song Ensemble* will delight us with their gift of song. $130. Call 517-266-4000, fax 517-266-4004, webercenter@admc-op.org.

Women's Mysteries: Accessing and Claiming the Wise Wom(b)an Within with Bronwen Wildflower Gates • Feb. 1, 7-9:30 p.m. and Feb. 2, 10-4:30 p.m. • Explore the mystery of your womb, of being a woman, from child to aged wise woman. Celebrate the return of the light, the quickening, as we emerge out of our underworld visit with the grandmothers with the teachings we received. We will receive stories and tell our own, be nourished, sing, remember and reweave. It will be a night and day of mystery and magic. $90 includes lunch and materials. Call 734-424-2744, bronwild@aol.com.

Essence Point Women's Circle • Jan. 15, Feb. 19, Mar. 19, April 16; 7-9 p.m. • Discussion and sharing group for women with interests in spirituality, relationship, empowerment, metaphysics and healing. Bring any divining tools that you have for the group to try. A short silent or guided meditation will be part of this gathering. $2. Call 741-0478, mckays@concentric.net.

A Woman's Retreat: Exploring the Magic Within with Jill Blixt • Feb. 2, 9:30-2:30 • Join is a retreat time. As our lives have become more stressed we need to be much more purposefully intentional about nurturing ourselves. Come identify how to bring self-care into each and everyday of your life. Through writing and creative play come make a map of renewal for yourself. Come give yourself the gift of a retreat and explore the magic within. $55 includes materials and lunch. Call 665-4577, jillblixt@aol.com.

Work & Right Livelihood

Mars and Venus in the Workplace with Author John Gray at Church of Today • Feb. 20, 7-10 p.m. • John Gray is the bestselling author of *Men Are From Mars, Women Are From Venus* and *Mars and Venus in Love*. $15. Call 810-758-3050, www.churchoftoday.com.

Pursue Your Dream with Maureen O'Rourke • Mar. 12, 19, 26; 7-9 p.m. • Where do I go from here? Life choices. What do I need to change for my life to be more meaningful? What will you get out of this workshop? Tools for effective decision making. The ability to manage planned and unplanned changes. How to utilize lessons and stories from our own experiences. $20 per session. Call 994-5660.

The Art of Prosperity: Creativity and Manifesting Abundance (Ann Arbor) with Jill Blixt and Catherine Powers • Feb. 8, 7-10 p.m. and Feb. 9, 9-5 p.m. • In challenging times, it is more important than ever to heal our relationship with abundance, in all its forms. Money and prosperity are part of our spiritual growth and our financial well-being often mirrors our relationship with our soul and soul growth. In this weekend workshop, participants will be guided through a series of techniques (timed writing, list-making, collage, visualization and meditation) that will present a new perspective on the roots of their money problems, help them discover and dismantle destructive financial behaviors and blockages and generate new ways to bring about prosperity and abundance in their lives. $115 with discount offered. Call Jill at 665-4577 or Catherine at 313-792-0700, jillblixt@aol.com or ccpowers@mailcity.com.

Ann Arbor Institute of Massage Therapy Career Presentation with Jocelyn Granger and Jane Anderson, Co-owners and instructors • Jan. 5 or Feb. 3, begins promptly at 10 a.m. and will finish at Noon • Find out what it takes to become a massage therapist! We'll begin with an information presentation, followed by a question and answer period. Refreshments, door prizes and a free seated massage! No charge. RSVP at 677-4430, ext. 21 or fax 677-4520, www.aaimt.com or aaimt@earthlink.com.

10 Weeks to Greater Prosperity (Dearborn) with Catherine Powers • Jan. 15, 7-9:30 p.m. • True abundance involves not only money but also embracing prosperity in all areas - relationships, work life, and self-nurturance. In this practical and powerful 10-week workshop, individuals will use a variety of techniques including time writing, collage, visualization and meditation to uncover core beliefs about money and prosperity, dismantle destructive financial behaviors and blockages and create life-enriching habits to generate a new prosperity and abundance. $25 per class includes refreshments and supplies. Call 313-792-0700, ccpowers@mailcity.com.

Live Your Career Dream with Melanie Fuscaldo • Part 1: Jan. 8, Noon-1:30; Part 2: Jan. 15, Noon-1:30 • Begin to identify your unique career dream and action steps to create it in your life. $25 per session. Call 668-2733.

Writing & Poetry

Poetry Reading in the Tea Room • Every Wednesday from 7:00 to 9:30 p.m., in the Crazy Wisdom Tea Room • Weekly poetry reading- everyone welcome to read or listen - with monthly featured reader. Sign-ups start at 6:30 p.m. Free. For more info, call Tressa or Amelia at the Tea Room, 665-9468

An Engaging Evening with Sue Monk Kidd through Weber Center • Feb. 12, 7 p.m. • A fresh, creative and extraordinary storyteller comes to Adrian, Michigan on her eight city tour, sharing her first novel The Secret Life of Bees, Viking Press 2002. Kidd's work has won praise from Anita Shreve as "reminiscent of Reynolds Price in its ability to create a truly original, southern voice." This evening with the author, Sue Monk Kidd, will include a presentation, conversation, book signing and reception. $10. Call 517-266-4000, fax 517-266-4004, webercenter@admc-op.org.

Dancing with the Muses: Igniting the Fires of Inspiration with Jill Blixt • A monthly series • 10 a.m.-4 p.m. •The Muses - they have been written about and referred to for centuries - but who are they and how do we access their fires of inspiration and creativity? This workshop series will focus each month on a single one of these nine archtypes over the course of 2002. Come dance with these muses. Learn what they teach. Bring their gifts into your daily life. We will write, make masks and explore our relationship to each muse in turn. (You may come for one or the full series.) $75 includes lunch and materials. Call 665-4577, jillblixt@aol.com.
Sunday, Feb. 10: Calliope: The Muse of Eloquence and Epic Poetry
Sunday, Mar. 10: Clio: The Muse of History and Writing
Sunday, April 14: Erato: The Muse of Love Poetry

Giving Voice to Your Soul: Writing as Spiritual Practice with Jill Blixt • A monthly series• Saturday mornings beginning Feb. 16 • We thirst for the deepest part of ourselves. That still small voice that holds our truth, our dreams and our gifts. Writing practice can quench that thirst. Learn the tools to help you consistently tap the pool of your inner wisdom and creativity. This workshop is for anyone who yearns to write; all that's required is willingness. $30 per week includes dinner and books. Call 665-4577, jillblixt@aol.com.

Introduction to Poetry as Spoken Word with Windi Robbins • Feb. 7, 14, 21, Mar. 7, 14, 21; 7:30-8:30 • This course is intended to expose students to the popularity and influence of poetry through examples of some of the most prolific and well-known poets of our time. Students will learn the fundamental components of public speaking, definitive poetry styles and the basic tools with which to write and perform their own poetry as spoken word art. $50. Call Melanie Hoekstra/Maryann Simons at 647-6838, hoekstra@umich.edu.

Writing From the Inside Out: A Retreat for Psychologists, Therapists and Care Givers with JoAnna Pepe • Jan. 11, 7-10 p.m. and Jan. 12, 10-5 p.m. • This retreat is designed for psychologists, therapists and care-givers who want to explore creative expression through writing. Writing From the Inside Out is a process of deep listening and deep writing that moves beyond the limiting messages of the inner critic, encouraging moment to moment expression of sacred story. Once experienced, this process can be shared with clients as a tool to deepen self-exploration. No previous experience necessary. Just come with an open heart, beginner's mind, sense of humor, fluid writing pen and notebook. $175. Call 231-325-2209, joannapepe@juno.com.

Writing From the Inside Out: A Non-Residential Writing Retreat with JoAnna Pepe • Mar. 22, 7-10 p.m. and Mar. 23, 10-5 p.m. • Writing From the Inside Out is a process of deep listening and deep writing that moves beyond the limiting messages of the inner critic, encouraging moment to moment expression of sacred story. In a safe, relaxed and playful environment we will explore how stillness and silence awakens our senses, inspiring our true voices to emerge on the blank page. No previous experience necessary. Just come with an open heart, beginner's mind, sense of humor, fluid writing pen and notebook. $150. Call 231-325-2209, joannapepe@juno.com.

Writing From the Inside Out: A Residential Intensive Writing Retreat with JoAnna Pepe • April 26 at Noon through April 28 at Noon • Writing From the Inside Out is a process of deep listening and deep writing that moves beyond the limiting messages of the inner critic, encouraging moment to moment expression of sacred story. This extended retreat will allow participants to dive more deeply into writing and the creative process. It is especially intended for people who have participated in previous Writing From the Inside Out retreats. $275 includes lodging and retreat. Call 231-325-2209, joannapepe@juno.com.

The Crazy Wisdom Calendar

Yoga

The Yoga Teachers of Inward Bound (from left to right): Cathy King, Jonathan Tyman, Barbara Linderman, Martha Laatsch, and Lynette Smith

Free Demonstration Class: Spirit Flow Yoga for All Ages with Leigh Ann Knope • Mar. 5, 5:30-6:45 p.m. at Crazy Wisdom Meeting Room • Sample this delicious approach to yoga during a free demonstration class in preparation for the 7-week session to begin Mar. 19. Call 668-2086, spiritc@core.com.

Spirit Flow Yoga for Adults of All Ages with Leigh Ann Knope • Tuesdays, Mar. 19-April 30; 5:30-6:45 p.m. at Crazy Wisdom Meeting Room • Designed for beginner and experienced adults of all ages, Spirit Flow Yoga invites you to dive into your self and explore physical postures, breath work and meditation. Strengthen your body, cleanse your mind and breathe vitality into your life through this challenging yet ease-filled approach to yoga. $63 for 7-week session. Call 668-2086, spiritc@core.com.

Partner/Slow Flow Yoga with Suzanne Willets Brooks • 12 Tuesdays starting Jan. 15, 6-7:30 • This class will explore traditional yoga postures and breathing techniques. We will assist each other into and out of postures using message, imagery and anatomical descriptions. We will move slowly and fluidly in and out of a series of asanas. $150 for partners, $100 for singles. Call 528-0743, brooksjer@provide.net.

Drop In Yoga with Suzanne Willets Brooks • Tuesdays, 10:30-12:00 or Fridays, 1-2:30 starting the second week in January • This class will explore traditional yoga postures and breathing techniques from the inside out. Technical, anatomical and creative imagery will be used. Please bring a mat and any props you need. $5-$7 per class sliding scale fee. Call 528-0743, brooksjer@provide.net.

Return to the Belly and Hips: Experiential Anatomy for Yoga Practitioners with Dianne Kadonaga through Inward Bound • Feb. 1, 7-9:30 p.m. • Explore how a Kinesthetic understanding of accurate anatomical information of hip joints and thigh muscles can transform your yoga practice toward increased efficiency of movement, flexibility, strength and endurance, in standing and balancing postures. This workshop will review the bones of the pelvis, the delineation of this outer and deeper abdominal muscles and the organs and viscera studied in the last workshop, for a full belly integration of information! Also, see related workshop by Dianne Kadonaga in Music and Sound section. $35. Call 327-4963, info@arjunaworld.com.

Yoga Class through Zen Buddhist Temple • Six Tuesdays, 7:30-9 p.m. • Beginning and experienced students in the classes learn traditional yoga postures (hatha yoga) with an emphasis on relaxation, concentration and working with the breath. The instructor was trained by the Sivananda Yoga Organization, and combines that experience with meditation training. Classes fill quickly, so register early. $50 for six sessions. Call 761-6520.

Power Yoga, Kundalini Yoga and Gentle Yoga with Christy DeBurton • Ongoing morning and evening sessions • For complete information, call 761-8409, cdeburton@hotmail.com.

Yoga with David Rosenberg through Pierpont Commons • Feb. 3, 10, 17, Mar. 10, 17, 24; 4:30-6 p.m. • This class teaches the Iyengar style of yoga that emphasizes alignment, strength and flexibility. Explore the benefits of this ancient tradition and give yourself a boost. Wear comfortable clothes; sweat pants and a t-shirt are recommended. $55. Call Melanie Hoekstra/ Maryann Simons at 647-6838, hoekstra@umich.edu.

Beginning Level Yoga Class with David Rosenberg through Ann Arbor YMCA • 7 Sundays, Jan. 6-Feb. 17 or Mar. 3-April 14; 2:15-3:45 p.m. • Learn beginning yoga postures. I teach Iyengar style yoga with an emphasis on precise alignment in the postures. We work on strength, balance and flexibility. Classes are physically rigorous but with periodic breaks. Postures are modified for students with physical limitations. $61. Call 662-6282, massage4@aol.com.

Level 1 (Beginning) Yoga Class with David Rosenberg through Ann Arbor Public Schools Community Education and Recreation • 8 Saturdays, Feb. 2-Mar. 30 or April 20-June 15; 1-2:30 p.m. • See above description. $60 for residents, $72 for non-residents. Call 662-6282, massage4@aol.com.

Level 1/2 (Beginning & Intermediate) Yoga Class with David Rosenberg through Ann Arbor Public Schools Community Education and Recreation • 8 Saturdays, Feb. 2-Mar. 30 or April 20-June 15; 11:15-12:45 p.m. • Learn beginning and intermediate yoga postures. I teach Iyengar style yoga with an emphasis on precise alignment in the postures. We work on strength, balance and flexibility. Classes are physically rigorous but with periodic breaks. Postures are modified for students with physical limitations. $60 for residents, $72 for non-residents. Call 662-6282, massage4@aol.com.

Level 2 (Intermediate) Yoga Class with David Rosenberg through Ann Arbor Public Schools Community Education and Recreation • 8 Saturdays, Feb. 2-Mar. 30 or April 20-June 15; 9:30-11 a.m. • Learn beginning and intermediate yoga postures. I teach Iyengar style yoga with an emphasis on precise alignment in the postures. We work on strength, balance and flexibility. Classes are physically rigorous but with periodic breaks. Postures are modified for students with physical limitations. $60 for residents, $72 for non-residents. Call 662-6282, massage4@aol.com.

Intermediate Level Yoga Class with David Rosenberg through Ann Arbor YMCA • 7 Sundays, Jan. 6-Feb. 17 or Mar. 3-April 14; 12:30-2 p.m. • Learn beginning and intermediate yoga postures. I teach Iyengar style yoga with an emphasis on precise alignment in the postures. We work on strength, balance and flexibility. Classes are physically rigorous but with periodic breaks. Postures are modified for students with physical limitations. $61. Call 662-6282, massage4@aol.com.

Level 1, Level 1-2, Level 2 and Level 2-3 Hatha Yoga Classes with Inward Bound Yoga Teachers Cathy King, Martha Laatsch, Lynette Smith and Dennis Vogt • For brochure, call 327-4963, kingcm@dmci.net.

Astanga Yoga with Jonathan Tyman of Inward Bound • Ongoing drop-in Saturdays, 8:15-10 • For complete information, call 996-4549, tyman@umich.edu.

Sun and Moon Yoga with Cathy King of Inward Bound • Ongoing drop-in Mondays, 4:30-5:30 p.m. • For complete information, call 517-592-8017, kingcm@dmci.net.

Deep Stretch Yoga with Cathy King of Inward Bound • Ongoing drop-in Wednesdays, 4:30-5:30 p.m. • For complete information, call 517-592-8017, kingcm@dmci.net.

Wake-up Yoga with Barb Linderman of Inward Bound • Ongoing drop-in Wednesdays and Fridays, 7:30-8:30 a.m. • For complete information, call 971-8562, gfl@umich.edu.

Postures to Sacred Music with Barb Linderman of Inward Bound • Ongoing drop-in Thursdays, 5:30-7:15 p.m. • For complete information, call 971-8562, gfl@umich.edu.

Wake-up Yoga Kripalu Style with Dottie Coyne of Inward Bound • Ongoing drop-in Tuesdays, 7:30-8:30 a.m. • For complete information, call 930-0192, bernidot@aol.com.

Kripalu Yoga with Dottie Coyne of Inward Bound • Ongoing drop-in Tuesdays, 9:30-11 a.m. and Thursdays, 10-11:30 a.m. • For complete information, call 930-0192, bernidot@aol.com.

Prenatal and Postnatal Yoga with Marlene McGrath of Inward Bound • Ongoing drop-in Prenatal class: Fridays, 9-10:30 a.m.; Postnatal: Fridays, 10:45-12:15 p.m. • For complete information, call 930-1970, marmamalia@yahoo.com.

Yoga for Kids with Barbara Brookens-Harvey of Inward Bound • Ongoing drop-in Tuesdays, 3:15-4:15 p.m. • For complete information, call 994-6130, billbarbmo@aol.com.

Gentle Flow with Lynette Smith of Inward Bound • Ongoing drop-in Tuesdays, 4:30-5:30 p.m. • For complete information, call 995-0741, lynettes@umich.edu.

Yoga for Moms/Dads with Little Ones with Ema Stefanova • Thursdays, 11 a.m. • This class includes postures, breathing techniques and relaxation focusing on the parents. Fun atmosphere for the kids. For cost, call 665-7801, emastefanova@cs.com.

Yoga for Adults with Ema Stefanova • Sundays 5-6:30 p.m., Mondays 6:30-8 p.m., Wednesdays 6 p.m. • Mixed level excellent for total beginners. These classes are designed for students to develop total fitness - meaning not only a healthy body but also emotional stability, stress management and heightened mental awareness. For cost, call 665-7801, emastefanova@cs.com.

Teachers, Lecturers, Workshop Leaders, and the Centers

Nicole Macdonald

Aaron "was a Buddhism monk and scholar in previous lifetimes. In his final lifetime, he was a Vipassana meditation master in the Theravadin tradition. Five books of Aaron's teachings have been published.

Carol Lynn Abramson has been a local mural artist for 5 years. As she opened to walking her spiritual path, her "artwork evolved into her lightwork".

Jane Anderson is co-founder of the Ann Arbor Institute of Massage Therapy, and founder of the Ann Arbor Therapeutic Massage Clinic. Since 1984, she has had training and private practice experience in massage therapy, lymphatic drainage and craniosacral therapy. She has taught beginning anatomy and physiology workshops, as well as Sports Massage and Shiatsu workshops.

Michael Andes, MSW is an experienced therapist in private practice. He also conducts various workshops and retreats for self-awareness.

Ann Arbor Authentic Movement Group is a member facilitated group of dancers who come together to practice Authentic Movement. The common roots of its members are in the study and practice of Contemplative Dance.

Ann Arbor Institute of Massage Therapy's instructors are members of the American Massage Therapy Association and are certified by the National Certification Board for Therapeutic Massage and Bodywork. Their range of experience varies from 3 years to 18 years.

Astrology Study Group is an informal and friendly gathering of serious astrology students who use their association for networking, engaging speakers, book recommendations, and astro-babbling (cheerfully chatting about astrology).

Khita Austin, CMT is a Certified Rolfer. She has been in private practice as a Rolfer for twelve years and a bodyworker for 14 years. She is a senior practitioner and trainer of 17 years in the exercise rehabilitation techniques of Joseph Pilates.

Leland Austin, MA is a Certified Advanced Rolfer, and has practiced Rolfing in San Francisco and Ann Arbor for 17 years. He has also studied craniosacral therapy.

Marliesa Back is a traditionally trained Reiki Master, and intuitive. She works as an animal communicator and teaches animal communication.

Peter Baker has been a professional massage therapist for over 30 years. He has studied numerous techniques, which he incorporates into his classes.

Judith Banker, MA, LLP is the founding director of the Center for Eating Disorders, and the owner/director of The Therapy Center of Ann Arbor. She has over 25 years of clinical and supervisory experience in the field of eating disorders and body image treatment.

David Bell is the minister of the Interfaith Center for Spiritual Growth, and a student of the *Course in Miracles* since 1986.

Kristin Blackburn, MSW, CSW is a psychotherapist who specializes in working with women regarding relationship, life transition, and family of origin issues, including childhood abuse and neglect.

Bill Blixt is a creativity and life coach, motivational speaker and working writer/artist. In addition to individual coaching and personal development workshops, he regularly presents creativity training sessions to the business, non-profit and educational communities. Blixt has studied with leaders in the creative and metaphysical fields including Julia Cameron, Mark Bryan, Natalie Goldberg and Lazaris.

Kathy Bloch was born and raised in Hawaii. She has studied the Tarot since 1980 and has read professionally in Ann Arbor for several years. She is an assistant to a technical writer and does Tarot readings in the Crazy Wisdom Tea Room.

John Bodary, MA is a Registered Polarity Practitioner, a teacher and a psychotherapist. He currently directs the Polarity Center in Dearborn, where he teaches Dr. Stone's Polarity Therapy.

Jean Shinoda Bolen, MD is an internationally known Jungian analyst, psychiatrist, and clinical professor at the University of California in San Francisco. She is author of *The Tao of Psychology*; *Goddesses in Everywoman, Gods in Everyman*; *Crossing to Avalon*; *Ring of Power*; and her most recent publication *Goddesses in Older Women*.

Michael Bratcher, NCTMB combines energy work with therapeutic massage. The modalities that he has studied include Reiki III, Healing Touch, Polarity Therapy and Chinese Energetic Medicine.

Patty Brennan is a midwife and health educator with over 19 years of experience working with pregnant women and their families. She is the Executive Director of The Holistic Midwifery Institute, and author of *Guide to Homeopathic Remedies for the Birth Bag* and *Vaccine Choices, Homeopathic Alternatives and Parental Rights: A Sourcepack of Information for Healthcare Consumers and Concerned Parents.*

Genie Britt is a disciple of Kwong Yu, the fifth generation master of the Wu family, and has been teaching and promoting this style in the Detroit area for over 10 years.

Barbara Brodsky is the founding teacher of Deep Spring Center, which offers non-denominational spiritual teachings and practice. She is an ordained Interfaith Minister. She has been practicing meditation since 1960 & teaching since 1989. Her teaching draws from dual roots in the Buddhist & Quaker traditions. She became totally deaf in 1972; living with silence has greatly influenced her life & teaching. Barbara is also a channel for the spirit, Aaron. She is married and the mother of three children.

Suzanne Willets Brooks is an independent choreographer, artist, artistic director of *Meaning In Motion*, and the creator of the Riverside Drum & Dance Studio. Her background includes a degree in dance and education from EMU, certification in many modalities of bodywork, and 15 years of dance and yoga training.

Mestre Caboquinho is in charge of the Ann Arbor Capoeira Club (Brazilian Martial Arts). He has taught for many years in both Brazil and the U.S.

John Cardwell has studied the works of A.H. Almaas for ten years, and worked with a private Diamond Heart teacher for three years. He is an experienced therapist and group leader.

Dennis K. Chernin, MD, MPH has actively practiced and taught meditation for 30 years. His teachers were trained in the Himalayan Mountains in India, Nepal and Tibet. He practices holistic and family medicine in Ann Arbor, and also teaches meditation using chakras, mantras and breath.

Deepak Chopra, MD is one of the best known teachers in the world in the field of mind/body medicine. His books include: *Perfect Health*; *Ageless Body*, Timeless Mind; *Quantum Healing; Return of the Rishi;* and *Creating Health.*

Lee Cole is a licensed psychologist, minister, and healer/shaman. Besides his training as a psychologist, Cole has been initiated into the Kahili tradition of Hawaiian shamanism, and in the Birdperson Yachak, a Peruvian shamanic tradition. He has trained at the De Nali Institute in Alaska in Rune knowledge and lore.

Judy Crookes recently moved here from the East Coast. Since 1996, she had been channeling Jacob in New York City and New Jersey. She has been channeling since 1986, and "on the path" for over 30 years.

Bob Dargel, ACSW has 20 years experience providing counseling and growth coaching. He has worked extensively with gay men, lesbians and couples. He also has expertise in working with substance abuse, sexual addiction and survivors of trauma. He is "down-to-earth, practical, philosophical and interactive".

Christy DeBurton is a certified and registered yoga teacher who trained at the Omega Institute for Holistic Studies in New York. She currently teaches yoga in this area.

Deep Spring Center for Meditation & Spiritual Inquiry is a non-profit organization devoted to offering non-denominational teachings of non-duality and the meditation practices which support the teachings. It is run by a Board of Directors. Barbara Brodsky is the guiding teacher. As part of its work, the Center offers the channeled teachings of Aaron, a discarnate entity.

Nancy Denenberg, MPT is a physical therapist and *Guild Certified Feldenkrais Practitioner.* Her workshops and classes are designed to share the fruits of her investigations into movement, fitness and wellness. She has been in private practice in the Ann Arbor area for 15 years.

Eileen Dickinson has been a certified Trager® Practitioner for three years. She has been a physical therapist since 1975.

Erica Dutton, RN, MS, CS is a professional nurse and therapist with over 20 years experience as clinician, educator and therapist. She specializes in counseling people with chronic illness and pain. She publishes a newsletter, Living Successfully, Your Resource on Chronic Illness. She has also lived with chronic illness for 18 years.

Suzanne Eastman is a psychotherapist who has led weekly group therapy sessions and dream groups for many years. She is also a leader of Vision Quests, a ceremonial planner, and a Sweat Lodge Chief.

Teachers, Lecturers, Workshop Leaders and the Centers

Ryan Edwards "is a teacher of patience and respect". His drumming classes nurture beginners and challenge those more advanced. His journey with the balafon has taken him to Africa twice, to study with the true masters of the tradition.

Jonathan Ellis lived for many years in a spiritual community in Cassadaga, Florida, where he trained as an intuitive counselor and healer. A co-owner of Crazy Wisdom Bookstore for an astonishingly brief spell, Jonathan now has a full-time practice in Ann Arbor as a spiritual director, where he meets individually with people monthly to focus on their spiritual life. A man of great enthusiasms, he is truly Ann Arbor's 21st century Renaissance Man.

Essence Point Spiritual Center is a non-profit spiritual network dedicated to supporting inner joy, and was created from like-minded individuals who met as a result of being connected with John Friedlander's work in some way. The network offers the community meditations, classes and presentations with an emphasis on spiritual and healing energies.

Diane Evans is a retired public school teacher. Specializing in the areas of interpersonal and intrapersonal communication, she has done intuitive/psychic readings and counseling since 1995. Currently, she maintains a private practice, does intuitive/psychic readings in the Crazy Wisdom Tea Room, and works part-time at Crazy Wisdom Bookstore.

Linda Diane Feldt, RPP, NCTMB, NC, is a Holistic Health Practitioner. A student of the healing arts since 1973, she is the founder, Director and Coordinator for the Ann Arbor Center for Holistic Health and Traditional Wisdom. She has served as President of The American Polarity Therapy Association. She has taught herbology for 5 years at The People's Food Co-op.

Bon Rose Fine is a member of the American Federation of Astrologers, the International Society for Astrological Research, and the Michigan Federation of Astrology. She is the owner of The Cosmic Computer—Astrological Chart Service, and does astrological consultations.

Sandy Finkel, MPH is co-founder of Jewel Heart Buddhist Center, and has over 20 years experience studying with Tibetan masters in India and North America. She is the owner of *Inroads Lifeskills*, a human potential consulting practice, which works with businesses and institutions such as *Compuware*, *Fourmidable Group* and the *U-M Medical Center,* bringing the wisdom of the East to the dynamic challenges of life in the West.

Lori Fithian brings a broad range of musical experience to her classes, workshops and "Drummunity Circles", empowering people and building community through the drum.

Chetana Florida has been a mantra meditator since 1973 and is the founder and president of the Lighthouse Center for Spiritual Development, in Whitmore Lake. She is Gurudev Chitrabhanu's 1st apostle, and teaches the 5,000 year old teachings about the chakras from his book, *The Psychology of Enlightenment*. She is a counselor, teacher and lecturer and has taught over 2,000 students to meditate.

John Friedlander is an internationally recognized psychic, author and teacher, with degrees from Duke University and Harvard Law School. He has studied with Jane Roberts in her Seth class, and at the Berkeley Psychic Institute with founder Lewis Bostwick. His latest book is *Basic Psychic Development: A User's Guide to Auras, Chakras & Clairvoyance*, and it is available at Crazy Wisdom.

Maureen Frisbe is a Registered Polarity Practitioner. She is a long-time exercise trainer with a practice in Plymouth.

Melanie Fuscaldo, LPC, NCC is a Licensed Professional Counselor with a National Counseling Certification. Her mission within her private practice is to help individuals live their dreams and enhance their happiness using the inner wisdom of their body, mind and spirit.

Bronwen Gates, PhD is a healer and nature mystic, a botanist and herbalist, who combines the discipline and knowledge from her formal training in Biology with her intuitive gifts as a shaman and spiritual midwife. She has a practice as a holistic health practitioner and spiritual therapist. She also makes available her own herbal salves and *Faerie Flowers* flower essences.

Cynthia Gault, BSN is a social work intern and group facilitator.

Rimpoche Gehlek (formerly known as Gelek Rinpoche) is the spiritual director and founder of Jewel Heart. He was carefully tutored by Tibet's greatest living masters, and he is a member of the last generation of lamas to be born and fully educated in Tibet. Gelek Rinpoche is particularly distinguished for his knowledge of English, his understanding of contemporary society, and his skill as a teacher of Buddhism in the West. He is now an American citizen.

Nanci Rose Gerler is a professional intuitive counselor, using her abilities as a psychic, medium, channel and energy healer. She offers private sessions of psychic readings and channeled messages for personal and spiritual growth. Her practice, Crystal Clear Expressions, is located in Ann Arbor. She holds a monthly channeling evening at Crazy Wisdom Bookstore.

Elena Gillespie is a Reiki Master, and a healer and psychic certified by the British Spiritualist Church. She is also a researcher at the U-M Complementary & Alternative Medicine Research Center.

Michael Gillespie has studied Chinese Martial Arts since 1972 with Masters Ong, Hu, Freeman and Shaolin Monk Shawn Liu.

Ray O. Golden, MSE, is a Reiki Master trained in the traditional Japanese manner by Dr. Gabriel Cousens. The opening of his healing and spiritual abilities was facilitated by his work with his spiritual teachers, Michael Silverman and Dr. Brenda Morgan. He is the founder of the Center for Intuitive Health, and he teaches with the Practical Psychic Center of Ann Arbor.

Rachel Goldschneider is trained in Stott Pilates, and is also a dance teacher and former dancer.

Karen Gottschalk is a Masters level psychotherapist who works with couples and individuals seeking to enrich their intimate relationships. She has a private practice in Ann Arbor and Canton.

Jocelyn Granger is co-founder of the Ann Arbor Institute of Massage Therapy, and a partner of the Ann Arbor Therapeutic Massage Clinic. Since I982, she has had extensive experience in her private practice and training in massage therapy, including advanced certification in Sports Massage and Neuromuscular Therapy.

Robin Graubarth, BFA, MPH, MA offers movement-centered services that focus on Authentic Movement and transpersonal psychology, in private practice and with groups. She has trained and facilitated programs in Authentic Movement for 6 years, and she draws on many traditions.

John Gray is the best-selling author of *Men are from Mars, Women are from Venus*, and *Mars and Venus in Love*. His newest title is *Mars and Venus in the Workplace*.

The Great Lakes Pathwork is a non-profit educational organization that promotes spiritual & personal growth. The Pathwork is a spiritual path of self purification and transformation, a way of life that takes place through the study and application of the Pathwork lectures.

Tom Hart has a 2nd degree Black Belt. He has been teaching this class and in southeast Michigan for over fifteen years.

Andrew Harvey is an internationally known author and mystic. He is the author of *Hidden Journey*, *Journey to Ladakh*, *Return of the Mother*, *Essential Gay Mystics*, and *Mystic Vision*, among other titles.

Sierra Hillebrand, CPM is a midwife, doula and childbirth educator. She has been attending births professionally in the Ann Arbor area since 1997. She has attended births in home, birth center and hospital settings. She is a Certified Professional Midwife, and is currently enrolled in the *Birthing from Within Childbirth Mentor Certification Program*. She is also an infant massage instructor and the mother of two children.

Barry S. Hobbs, DC is a chiropractor based in Canton. His clinic, Michigan Specific Chiropractic, specializes in working with the Central Nervous System, and he is a certified "brain stem specialist". He lectures on a variety of health topics in the community.

Photo by Linda Lawson

Creativity coach and writer/artist Jill Blixt

Laurie Hodder-Davis, RNC is a Women's Health Nurse Practitioner, and Certified Regional Trainer for the NeoNatal Resuscitation Certification program. She has 14 years experience in neonatal intensive care, including transport and stabilization of high-risk and critical neonates. She has worked for 24 years in both high-risk and low-risk obstetrics in Michigan.

Nina Howard is owner of Bellanina Day Spa, and has a 15 year career in the healing arts as an artist, skin care specialist, healer and businesswoman.

Robert Hughes has been studying alternative healing modalities since graduating from the U of M in 1992. He augmented his studies with 2 years in residence at a healing arts school, The Heartwood Institute, where he was class valedictorian. He has been practicing and teaching Qi Gung and Reiki since 1997.

Inward Bound *consists of* ***Barbara Brookens-Harvey, Dottie Coyne, Cathy King, Martha Laatsch, Barbara Linderman, Marlene McGrath, Lynette Smith, Jonathan Tyman, and Dennis Vogt.*** Inward Bound offers a variety of approaches to the ancient discipline of yoga. The instructors draw upon their experience with many traditions & teachers. All classes emphasize integrated breathing techniques & include a period of relaxation. ***Barbara Linderman*** is the program director of Inward Bound.

Jewel Heart is dedicated to the preservation of Tibetan Buddhism and to the practice of its rich tradition within the context of contemporary life. Jewel Heart sponsors public talks and teachings by its spiritual director, Rimpoche Gehlek. Meditation instruction, retreat weekends and Lam Rim teachings are also scheduled throughout the year.

Dianne Kadonaga is Director of Arjuna Movement Arts, a yoga instructor, and occupational therapist. She is fascinated by the workings of the body and incorporates her medical knowledge, study of Alexander Technique and other somatic disciplines in her practice and teaching of yoga.

Carol Karr has been an eclectic witch for over 20 years, and is one of the managers of Crazy Wisdom Bookstore. ***Heather Karr***, her daughter, is following her mother in tradition.

Esther Kennedy is an Adrian Dominican sister, on the staff of the Weber Center. She believes deeply in the contemplative stance as a way to engage one's life and work. She has traveled to India and Indonesia and studied Eastern teachings and spiritual practices.

Karen Kerns, RPP is a skilled and experienced bodyworker, massage therapist and Polarity Therapist. She has done extensive work in the area of craniosacral energy.

Sue Monk Kidd lives in South Carolina. She authored *The Dance of the Dissident Daughter.*

Shala Kilmer has been a channel and medium since 1986. An ordained Spiritualist minister, she teaches development classes, and conducts private channeled readings with an emphasis on healing one's life. Channeled sessions with St. Germain are offered for removing blocks that come from previous lives.

Photo by Linda Lawson

The Deep Spring Center's Barbara Brodsky

Dan Kinzinger is a second degree Reiki healer. He has studied various forms of healing for the past 25 years and has worked with groups doing guided meditation and creative visualization. He has worked under the guidance of Jonathan Ellis studying spiritual consciousness for the past several years.

Carole Kirby, ACSW has 24 years experience as a therapist and inspirational teacher. She is a certified Imago therapist/coach and workshop presenter of Getting the Love You Want Couples Weekends. She appreciates diversity and gives workshops for heterosexual couples, for Lesbians and Gays, and for single individuals.

Leigh Ann Knope has studied Hatha Yoga and many forms of holistic healing (including herbalism, Reiki and earth-based spirituality) for several years. She shares her "love of yoga with creativity, passion, joy and an open heart".

Rob Koliner, DC practices Bio-Geometric Integration in Ann Arbor. Dr. Koliner graduated with honors from Sherman College of Straight Chiropractic. After studying Network Spinal Analysis for 6 years with its founder, Dr. Donald Epstein, Koliner currently studies with Dr. Sue Brown, who has expanded upon the Network model.

Christine Komarck, CMT has been a massage therapist for 2 years. She is studying Natural Medicine in a program at the Blue Heron Academy in Grand Rapids.

Lucinda Kurtz is a graduate of the Barbara Brennan School of Healing. She uses a combination of bioenergetic techniques, shamanic journeying, and energy healing in her private practice in Ann Arbor.

Laurie Krauth, MA, LLP is a psychotherapist, journalist and mother. She has practiced for 7 years, and written articles for therapy and parenting magazines. She specializes in women's issues, couples and sex therapy, and runs groups. She is supervised by Zona Scheiner, PhD.

The Lighthouse Center is a non-profit center for spiritual development founded by Catherine Chetana Florida. It offers ongoing classes, and programs in spiritual development, meditation, Reiki and related topics.

Michele Loewe is a naturopathic physician who practices medicine at the Huron Valley Naturopathic Clinic.

Jeanne Mackey, MSW, ACSW is an ecotherapist and performing musician (vocals, guitar, mandolin, tiple). She has been singing and speaking of women's wisdom since the 70's. She draws on European, Chinese and Native American traditions as well as teachings from Joanna Macy and Starhawk.

Laura Massaro is a facilitator, musician and music teacher. The intention of her life work is transformation and self-discovery through being creative in everyday life. Her CD is entitled *Quiet Bravery.*

Wendy Mauntel, RRT, ND has taken classes in homeopathy at Johns Hopkins University, and has worked in medicine for 15 years. She currently works with Dr. Dennis Chernin, and resides in Plymouth.

Pat McBride, BSN, RN currently works at St. Joe's Hospital as a nurse. She has taken classes in homeopathy at Johns Hopkins University, sponsored by the National Center for Homeopathy, and also works under the supervision of Dr. Dennis Chernin.

Sue McDonald, ACSW is a therapist and an artist. She has many years of experience with facilitating *Artist's Way, Vein of Gold,* and other creativity groups, and she enjoys practicing the principles of *The Artist's Way.*

Marlene McGrath has studied yoga for 11 years, and has been teaching for 4 years. After the birth of her daughter, she began teaching prenatal and postnatal yoga for which she has specialized training. She weaves her experience in yoga, social work, and mothering into her classes.

Anita McKay, trained in fine arts and healing, has spent recent years developing an already strong intuition into a reliable clairvoyance. She combines her skills as a psychic and an artist to create spirit guide drawings or as a psychic and healer to do personal energy work.

Kevin Meisel is a Masters level psychotherapist who works with individuals, couples and families. His special interests include working with couples to empower and enrich their relationships. He has a private practice in Canton.

Lynn Meadows is a Certified Feng Shui Consultant and has studied with many internationally known teachers from the various schools of Feng Shui. She combines a background as a business manager and teacher of fashion and interior design.

Stephan Meyer, PhD is a published author and instructor at EMU. He conducts interviews with individuals from various spiritual backgrounds, which are available to the public on his website: *The Spiritual Traveler.* Meyer has studied Eckankar for 30 years, and conducts presentations in the philosophy of Eckankar.

Majida Sylvia Middlebrooks and ***Siddiq John Middlebrooks*** have been students of the Sufi path of the heart since 1983, and have taught the Dances of Universal Peace for the past 11 years. Siddiq John is a recognized teacher in the Sufi Islamia Ruhaniat esoteric school in the tradition of Murshid Samuel L. Lewis and Hazrat Inayat Khan.

Richard Miller has 25 years experience in traditional Chinese martial arts. He trained in Taiwan under Master Gao Dao Shan, 1978-1979; in San Francisco under Master Adam Hsu, 1979-1991; and under He Jinbao, 1999- . He established the Great Lakes Wushu in 1992.

Kathy Moore is a board certified music therapist, who's been teaching voice and music for more than 15 years; and performing jazz, improvisational, original, and folk all along the way.

Brenda Morgan, Ph.D. has a 25-year background as a metaphysical healer and teacher, professor, spiritual catalyst and mentor. "I have been blessed with Inner Enlightenment/No Mind Within, and as a Westerner, I share this in a simple and straightforward manner." She resides in Ann Arbor while authoring two books on human and spiritual evolution.

Carol Morris is an artist and poet. Her one-of-a-kind greeting cards are sold at art galleries throughout the country. She leads collage workshops which are designed to inspire participants to create beauty from unexpected sources.

Rebecca Mullen, MSW has had a long and successful career in counseling and has been particularly interested in the practice of dream interpretation as a means of self-understanding. She has been influenced by Gestalt and Jungian therapy, and by the work of Stanislav Grof.

Caroline Myss is the best-selling author of *Anatomy of the Spirit* and *Why People Heal.*

Margaret Nash-Rubin is director of the Center for Sacred Theater. Her professional theater career includes work in New York and Los Angeles and 14 years as staff member, actor and education director for the Oregon Shakespeare Festival.

Michelle Obrecht, a former professor of American history, graduated from a 1600-hour Alexander Technique training course in 1991. In 1996, she was certified as an acupressurist, and has since taken additional training in Jin Shin Jyutsu, cranio-sacral therapy, and the breathing techniques of Carl Stough. She is currently a faculty member at the U of M, where she teaches Alexander Technique in the Residential College.

Maureen O'Rourke, MSW is a coach and facilitator with over 25 years of experience.

John Orr is a former Theravadin Buddhist monk who spent eight years in monastic training in Thailand and India. He has been teaching meditation since 1979. He lives in North Carolina where he does transpersonal counseling, and teaches at Duke University.

Sandra Papiez is a polarity, massage and Trager therapist.

JoAnna Pepe is a psychotherapist, poet, writer, painter and laughing specialist. As the founder of *HeartWisdom-Renewing Life Through Creativity*, she weaves the healing arts, writing, creativity and the earth's mysteries to bring joy and deeper meaning to life.

Judy Piazza is a workshop facilitator and performer who travels nationally focusing on frame drumming, power of pulse, rhythm and indigenous singing. She has performed with Glen Velez and Ubaka Hill and is a member of the Michigan group *Repercussions.*

Sandy Pierani is a certified aerobic instructor, and is also certified in non-contact kickboxing. She has also studied West African dance for several years.

Aiji Pipho has taught Tai Chi for many years in the Ann Arbor area.

Catherine Powers is a writer, trainer, and motivational speaker. She is the founder of the Center for Creative Connection, in Dearborn.

Practical Psychic Center of Ann Arbor is now led by *Ray O. Golden.* Golden is a Reiki Master, who has also studied Esoteric & psychic healing, nutrition, Zero Point Process Therapy, intuitive reading & channeling.

Rabbi Esther M. Rand received ordination and smicha from P'nai Or Rabbinical Seminary and Rabbi Zalman Schacter-Shalomi plus she has earned her MA in Pastoral Counseling. She has studied privately with a Kabbalist for over a decade, as well as with spiritual leaders and shamans of many traditions and pathways for over two decades. Her practice includes spiritual healing, creative ritual, guidance and counseling. She is currently working to bring people together in Spiritual Community.

Neil E. Rand, Ph.D. earned his doctorate in psychology and has spent 29 years assisting individuals and groups in aligning themselves in their spiritual and personal lives. His methods are derived from years of study and practice in a number of esoteric and traditional disciplines, combining them all to form a metaphysical holistic approach based upon divine light, acceptance and love. He is currently working to bring people together in Spiritual Community.

Richenda "Ricki" Reeves was certified a Masters Level Astrologer after a two year intensive study program with Noel Tyl, and has been endorsed as a Certified Astrological Professional with the International Society for Astrological Research. She has lectured at various astrology schools and conferences, and her first book, *The Quindecile*, was released by Llewellyn Publications in March, 2001.

Teachers, Lecturers, Workshop Leaders, and the Centers

A'dzom Rinpoche is an American born ordained Ngakma of the Nyingma lineage of Tibetan Buddhism, who has been recognized as an incarnation of two major Tibetan yoginis. The Tibetan yogi Namkha Rinpoche, whose family holds a precious Buddha Tara lineage, has said of her: "To me she is none other than Tara herself."

Gelek Rinpoche (see Rimpoche Gehlek)

Traktung Rinpoche is a lineage holder of the Nyingma tradition, the oldest school of Tibetan Buddhism, and incarnation of the great Mahasiddha Do Khyentse Yeshe Dorje. He is an American born Tantric master with both Western and Tibetan students. He offers an opportunity to study the authentic ancient Tantric tradition in a contemporary context. Currently, Traktung Rinpoche is founding a nunnery in Nepal for 22 Tibetan nuns in exile, who have been placed under his care.

Windi Robbins, a writer of poetry and prose for 17 years, is a veteran spoken word performer at many coffee houses In Wayne and Washtenaw Counties.

Liora Rosen, MS, MA got her Masters in Clinical Humanistic Psychology from the Center for Humanistic Studies. She has worked with individuals, couples and families as well as with groups. She moved to Ann Arbor from New York in 1995.

David Rosenberg has been to India to study yoga from the Iyengars. He has been teaching since 1993, and is certified. His classes are "challenging but infused with humor and fun".

Francis Rothluebber is the director of Colombiere, a center for transforming consciousness in Idyllwild, California. She is an experienced facilitator in empowering individuals and groups to engage in a significant life-process through meditation. She authored *Lost Images of God*, meditation tapes on feminine values, and recently completed *The Great Secret*, taped reflections and meditations on *The Life Divine* by Sri Aurobindo.

Randall Rouse studies the Sacred Scriptures, Mystic Spirituality and sacred symbolism. He has taught professionally for over 10 years, and he is an ordained minister in the order of Melchizedek, and a Reiki III Master Teacher.

Merilynne Rush and ***Mickey Sperlich*** are Ann Arbor midwives who have been practicing together since 1993. They attend 45-50 home births per year. Their office and meeting space are at the Midwifery Arts Center, where several other midwifery-related businesses are located. They are also mothers.

Renee Rutz, RPP has a background in massage, Polarity Therapy and Craniosacral therapy. She is co-founder of Complete Chiropractic and Massage.

Darren Schmidt, DC, ND is a holistic doctor in Ann Arbor. He looks at the body as a whole, and treats the cause of a person's health problem, not just the symptoms. He uses nutrition, vitamins, chiropractic, herbs, homeopathy, and energy techniques to improve the health of clients.

Sexual Assault Crisis Center is a program of the Washtenaw County Public Health Department, and the Center has been assisting survivors of sexual violence since 1976.

Shining Lakes Grove is the Ann Arbor branch of Ár nDraíocht Féin: A Druid Fellowship (ADF). It is actively working to create spiritually and artistically effective magical practices to promote personal spiritual growth and greater communion with the Earth, the Spirits of Nature, our Ancestors and our Deities.

Audrey Simon has been a professional massage therapist for 20 years. She is certified in Bodywork for the Childbearing Year, and as an Infant Massage Instructor. The focus of her work is in the special needs of women during pregnancy, birth and postpartum.

Heather Sloan holds her Masters Degree in Science and Oriental Medicine. She is a Board Certified, Nationally Licensed Acupuncturist and Chinese Herbalist. Heather has worked and studied in various hospitals in China.

Richard Smoot has 28 years of astrological study, counseling and teaching experience. He is a Professional Member of the American Federation of Astrologers. In addition, Smoot is a registered Social Worker for the State of Michigan with 15 years of experience in personal and crisis counseling.

Peter Sparling is Artistic Director of the Peter Sparling Dance Company, and is a professor of Dance at the U of M.

Ema Stefanova has taught yoga and meditation in Europe and the United States since 1979, to groups and individuals of all ages. Her teaching style is based on her own practice and experience, as well as training with yoga masters in the lineage of Swami Shivananda of Rishikesh and Satyananda Paramahansa, the founder of the first yoga university.

Photo by Linda Lawson

Author and Psychic John Friedlander

Margaret Szedenits is a graduate of the Ann Arbor Institute of Massage Therapy, and an instructor there. She is a Nationally Certified Massage Therapist. She is involved in Government Relations as a Second Vice President for the American Massage Therapy Association. She is also certified with the NCBTMB.

Andrew Taylor has been teaching self-improvement classes for over five years, including *Artist's Way* and *Everyday Enlightenment* classes.

Anne Taylor has enjoyed 13 years as an esthetician, focusing her skills in holistic facial treatments and anti-aging facials.

Tsogyel-gar, formerly named Crazy Cloud Hermitage, is the center of the Flaming Jewel community of practitioners of the Nyingma tradition of Tibetan Buddhism. The Nyingma tradition is the oldest and original lineage of Tantra in Tibet and is unique in its Sangha of ordained non-monastic Ngakpa, or 'mantra wielding', practitioners. Tsogyel-gar exists for the study and preservation of the Ngakpa lineages.

Charles Ulmer is a graduate of the Ann Arbor Institute of Massage Therapy. He is also a certified cranial sacral therapist, and has been teaching cranial sacral work for several years.

Upland Hills Ecological Awareness Center is located in Oxford, Michigan.

Upland Hills School is a non-profit independent school in northern Oakland County. Its work "is centered on the idea that every child is born a genius and that the true function of education is to draw out that genius".

Visitation: Center for Prayer and Spirituality offers a spacious natural setting that encompasses a barn-chapel and library, retreat houses and hermitages. Opportunities for individuals and groups include space for quiet, prayer, study, reflection, retreats, spiritual direction, supervision for spiritual directors and communal prayer. People of all beliefs are welcome.

Cam Vozar, MSW is a psychotherapist in private practice. He has worked with men and their families for over 20 years. He has led and participated in numerous Men's Groups and is a Level II EMDR therapist.

Wendy Warrick is an experienced Feng Shui Practitioner who has studied with several nationally known teachers. Her interpretation of Feng Shui has evolved out of 15 years of experience working with homes, her Interior Design background, and intuitive abilities developed through spiritual practice. She has consulted on homes, offices, and places of spiritual practice.

Penny Weaver, PsyS, MA practices the new psychology of integration of mind, body and spirit. She is an LLP (Limited License Psychologist) psychotherapist, hypnotist, Reiki Master and teacher of meditation and Reiki.

Weber Center is a retreat and conference center on the Dominican campus in Adrian, Michigan.

Hughthir White has taught dance and theater for the past 20 years. He is a graduate of the Dance Certification Program at the Naropa Institute.

Mike Whitty, PhD is a futurist and life coach. He assists individuals and organizations in creating their futures. He also serves on the faculty of the University of Detroit.

Suzy Wienckowski is a Reiki Master and Registered Massage Therapist. She has 21 years of experience in the healing arts including 14 years of teaching at massage schools in Washington, D.C. and Ann Arbor. Reiki has been the focus of her work for the past eight years. She teaches traditional Usui System of Reiki Healing and is a member of The Reiki Alliance.

Ryan R. Wilson has extensive training in 27 varied healing modalities, including four years study at a naturopathic medical school. A black sash in Kung Fu/Tai Chi, Qi Gung and Ki Jutsu, his focus in both his martial and healing practices is on assisting others in learning to sense, develop and direct their internal energy for the purposes of self-healing and self-awareness.

Paul Winter is an internationally acclaimed musician, composer and innovator. He has explored incorporating the sounds of the natural world into his latin/jazz influenced music for three decades. He is a grammy award winner.

Wasentha Young is a Master and scholar in the art of Tai Chi Chuan and Chi Kung, and received formal instruction in Taoist and Buddhist meditation. She has 30 years of experience in her field, and she has lectured widely on the benefits of Tai Chi, Chi Kung and meditation as they relate to emotional, spiritual and physical well-being. She is also a board member of the Association of Women Martial Arts Instructors, and is a mentor for other instructors in her field.

Karlta Zarley, RN, BS has 20 years of experience in the U.S. in preventative holistic nursing care, 5 years experience as an interfaith spiritual mentor, and she is an advanced student of Healing Touch. She has been in private practice for 3 years in the Ann Arbor area, teaching and working with individuals using Healing Touch energy work.

Zen Buddhist Temple offers meditation and yoga classes, as well as retreats, lectures and Sunday services. Classes and retreats are led by ***Reverend Haju Sunim***, Resident Priest, who has been teaching yoga for 20 years and meditation for 10 years, and ***Geri Larkin*** and ***Nathaniel Needle***, ordained Dharma teachers.

Gloria Zimet received her reflexology training and certification in Israel 12 years ago. She has been teaching reflexology workshops at her office in the Natural Healing Center in Ann Arbor for the past 4 years, and just finished teaching a reflexology certification program that she developed.

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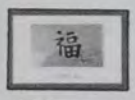

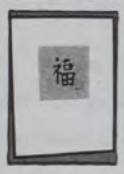

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The Crazy Wisdom Calendar

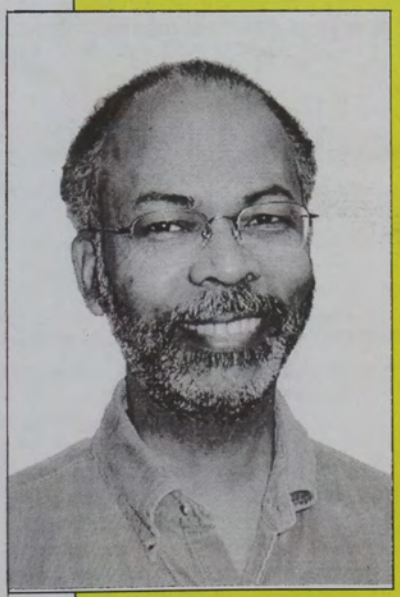
Issue No. 21

A Free Calendar of Local Classes, Workshops, and Events

May through August 2002

Poet and Teacher of Creative Integration,
Elizabeth Alberda

Nutrition Magician and Author,
Judy Stone



Massage Therapist and Bodyworker,
Michael Bratcher

Psychotherapist and Photographer,
Linda Lawson

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Brenda has been blessed, through the grace of God and the help of her spiritual teacher Michael Silverman, with a spiritual transformation in which **Inner Enlightenment/No Mind Within** has occurred. As a Westerner, she shares in a simple and straightforward manner in the form of public gatherings, spiritual intensives, summer retreats and occasional private meetings with those drawn to her life work. She is constantly exploring how to communicate this transformation with Westerners who, like herself, have a connection with the world and wish to continue to interact with it as they spiritually evolve. Her own transformation occurred while still in relationship with the world with a concomitant slowing down within her Being as she became aligned to the Holy Spirit.

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May 29th and August 21st
7 - 8:15pm
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spiritual theatre: "The Trial & Tribulation of the Ego!," mini-talks, private sessions, crafts, etc.

Saturday, June 1st at Concordia University
11am - 9pm
$5 entry fee

FRIDAY EVENING SPIRITUAL SEMINARS

June 21st: ***"Our Lives are One: The Union of Flora, Fauna, & Humanity"***
7 - 9pm
$35 / person

SATURDAY SPIRITUAL INTENSIVES

(Each gathering is unique)
June 22nd – 9am - 4pm
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Friday, June 7, 7:30 pm
~ through ~
Sunday, June 9, 1 pm

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- Writing Effective Research Questions

Part Two: Translating Clinical Practice Questions into Research
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- Making Connections to Resources

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TIME:	Friday mornings, 9:00 AM-noon	
WHEN:	Part One:	September, 6, 20, & 27; October 18th, 2002
	Part Two:	November 1 & 15; December 6, 2002
	(Participants may choose to enroll only in Part One)	
FEE:	$175.00 for the entire course. (Part One only: $100)	

Please call Sylvia Kay (734-998-0028) for course application, or visit CAMRC website: www.med.umich.edu/camrc

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"Everyone learned so much and enjoyed themselves doing it. We kept talking about it all week and those unable to attend could tell they had missed out on something special." - *Joe Keithley, University of Michigan, Students for Holistic Health & Healing*

"Program was informative and interesting; presenter was effective and entertaining." - *Eastern Michigan University*

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Regulation of Touch Therapies Is Not An Easy Thing

In an effort to weed out prostitution, The City of Ann Arbor is considering an ordinance which might potentially regulate massage therapy and bodywork—who can practice and what training is required —-in an effort to be certain that massage therapists and bodyworkers are not sex workers. We asked a leading local holistic practitioner to comment on the issues involved.

By Linda Diane Feldt

(Editor's Note — Linda Diane Feldt is a Past President of the American Polarity Therapy Association, and a former Board member of the National Certification Board for Therapeutic Massage and Bodywork. A student of the healing arts since 1973, Linda Diane has had a full time private practice in Ann Arbor for 22 years. She is the author of Dying Again: Thirteen Years of Writing and Waiting *and* Massage: Learning to Give and to Receive.)

Illustration by Nicole Macdonald

Ann Arbor's reputation as an "alternative friendly" place is widespread. In the area of alternative health and healing, Ann Arbor has been a prime location for conferences and trainings, and has nurtured many leaders in the field of complementary and alternative medicine.

The Ann Arbor area is home to approximately 1,000 practitioners in the fields of massage therapy, bodywork, skilled touch, movement education and somatic practices. The presence of a National Institute of Health Complementary and Alternative Medicine Research Center affiliated with the University of Michigan has further cemented our reputation as a hot spot for alternative therapies. For two years, the University of Michigan Medical School has required that all first year medical students be exposed to information, lectures, discussions, and a personal visit to observe and consider "Complemetary and AlternativeMedicine" (CAM) practitioners. I had the privilege to be a part of the faculty for a popular graduate level interdisciplinary course on Complementary Therapies and Alternative Healing last semester.

Readers of the Crazy Wisdom Calendar would not be surprised that there are over 100 types of healing work being practiced nearby. The Eisenberg studies of 1993 and1996 reported in the New England Journal of Medicine showed that 42% of the population had used CAM therapies, and that number was even higher for women. It would be reasonable to assume that Ann Arbor – which has supported CAM practitioners for decades — would boast an even higher rate of CAM use, and that a substantial portion of that would be with hands-on therapies, similar to what Eisenberg found.

All of this exists within the non-regulated climate of the state of Michigan. Consumers have had success finding the practitioners they want, reasonable prices are charged, and people generally confine their work to what they are trained to do. We have been helping people. We have been contributing to our community through our work, by being dedicated healthcare providers, and by living and contributing as everyone else does – volunteering, paying taxes, supporting local businesses.

> How, then, did we ever end up in the situation we now find ourselves in – fighting to stop a proposal to regulate massage and bodywork, a regulation proposed for one reason only – for bodyworkers to prove that they are not prostitutes.

How, then, did we ever end up in the situation we now find ourselves in – fighting to stop a proposal to regulate massage and bodywork, a regulation proposed for one reason only – for bodyworkers to prove that they are not prostitutes.

Many years ago, but recently enough that it affected my work when I first began to practice in Ann Arbor 20 years ago, massage and prostitution were often linked. Claiming to be and advertising as a "massage parlor" was a well-recognized euphemism for the sex trade. In the seventies, when I began my training, Ann Arbor had a number of massage parlors in operation, where sexual services were also for sale. They were closed. A few "health spas" continued to be operated, rather openly and blatantly, where sexual services were presumed to be available. These spas were recently closed after an Ann Arbor police investigation. Neighbors of these closed spas I have talked to have noted that they were not surprised that the spas had illegal activity going on; only by the extent of the exploitation of the women involved.It is notable that the closed facilities used the term "health spa" rather then "massage parlor". This is part of a national trend, which would appear to be the result of successful work on the part of many professionals in the field over the last few decades to legitimize the term massage. Research and consumer surveys leave no doubt that massage is now thought of first and primarily as a legitimate, legal, and honorable profession. Skilled touch and bodywork are also gaining recognition and their share of consumer awareness and respect.

We have won the war, but suddenly have been challenged to a new battle, here in our aware and supportive community. The Ann Arbor Police response to the closing of these health spas, and the attention on prostitution, is to inexplicably determine that massage therapists and possibly bodyworkers, should now be regulated as the most cost effective way to prevent future episodes of prostitution in Ann Arbor. No new attention or regulation of escort services (another euphemism often used by the sex trade) health spas (where the alleged illegal activity took place), or others who have a direct association with adult entertainment has been announced, and in a meeting with the Chief of Police he affirmed that the only plan was to regulate the legal profession of massage.

> The current context for alternative therapies is one of exploration, evaluation, and acceptance. It is important to nurture the alternative practices in place, and that are developing. Any regulation needs to be mindful of the importance of diversity for consumers, the difficulty in defining and setting standards for new and traditional approaches to healing, and the real lack of resources that part-time and other "fringe" practitioners have available.

Regulation of a profession is most often accomplished at the state level. Doctors, lawyers, dieticians, social workers, contractors, cosmetologists, are all licensed by the state. To single out a profession for more stringent local attention is rare indeed. It is however something that massage therapists have been subjected to nationwide. Over the last decade this has been gradually changed to state regulation, more than 30 states now regulate massage and sometimes bodywork on the state level. Massage therapy and bodywork are emerging professions, still somewhat in a state of adolescence. Repeal and replacement of local regulation with state oversight that conforms to how other professionals are treated is a part of that maturation process.In this case we have a progressive community, with a great acceptance of alternative therapies and bodywork, turning back the clock thirty or more years to address an association that no longer exists. If this local ordinance to regulate massage therapists passes, it will link massage and prostitution by law – a link that hasn't existed in the minds of the general population for at least a decade, and more nearly thirty years.

Regulation of touch therapies is not an easy thing, nor is there agreement about how and if this should be done. There are some areas of greater agreement, however, that have emerged from the ongoing debate on this subject.

Let us begin with the intent of regulation. To regulate with the sole intent of identifying and stopping prostitutes has few supporters in the bodywork community. There isn't evidence that this works, it is insulting in its premise, and prostitutes certainly have the capacity to become legitimate massage therapists – although combining the two would be a violation of ethics as well as state and local law. Ideally regulation benefits the consumer, provides information on the education and training of professionals, and standardizes the use of terms describing a profession. There is no consumer benefit that can be derived from this proposed ordinance. If anything, the costs associated with regulation would add to the costs of doing business, which is passed on to the consumer.

The current context for alternative therapies is one of exploration, evaluation, and acceptance. It is important to nurture the alternative practices in place, and that are developing. Any regulation needs to be mindful of the importance of diversity for consumers, the difficulty in defining and setting standards for new and traditional approaches to healing, and the real lack of resources that part time and other "fringe" practitioners have available. Excessive or overly encompassing regulation could easily put people out of business, undercover, or never to venture forth.

Regulation, by its nature, creates a boundary of those who are in and those who are outside of the law. This deserves very careful consideration. In Ann Arbor we have practitioners who have been in practice for years who may not meet the current "standards for practice", such as education from a state approved school. Many of us trained before there were state approved schools, often by a succession of workshops and apprenticeships. In most local and state ordinances, there is no room for recognition of this sort of training. Who is qualified to determine who is qualified to practice? While many find this

question easy to answer, there is no universal agreement and those who are deemed "unqualified" certainly deserve to be heard.Regulation also requires a very clear definition of who will be regulated, and who will not. Defining massage too broadly has resulted in some legitimate professionals in other fields of bodywork to be unable topractice in their state. With more than 100 identified "touch" therapies in Ann Arbor, drafting an ordinance to affect massage therapists and only massage therapists is not a simple task. "Scope of Practice" is a concern in many healing fields. The scope of practice is best determined and defined by the professionals, often through a professional association, who practice each modality. For your profession to be defined, and limited, by a sister profession is problematic. For a state or locality to regulate a profession without substantial agreement and input from members of that profession is also egregious.

What is at risk is our supportive climate for alternative therapies, our reputation as a leader in the field of complementary and alternative medicine, and the livelihoods of some of your friends and peers. Ann Arbor has been a model of support for alternative therapies for decades.

Using a national certification exam (NCE) for regulation is another complex topic. In short, a national certification program: offers the benefits of a psychometrically developed examination; restricts by having established requirements for who can sit for the exam; provides an ethics document and complaint process; and includes continuing education requirements. Many states and cities have chosen to use only the exam part of the program. This results in the peculiar situation of having a "formerly nationally certified" practitioner, as well as allowing for those who have lost their certification through a complaints process to continue to be licensed.

Including reference to a national certification process has to be carefully considered, with full awareness of the costs to the practitioner and the restriction inherent in the exam process. Becoming nationally certified, and continuing that certification is not inexpensive. At the state level, a professional would expect to pay hundreds of dollars for state recognition of their profession. For this investment to be limited to "legal standing" for just a few square miles within a certain city is not as clearly beneficial. A much longer article on this topic, which goes into more depth on important issues, is available from the author.

By the time of this publication, this issue may have been put to rest for Ann Arbor. It may also have heated up to the point of open conflict and argument. In either case, state regulation is very likely to be next on the agenda and we must prepare, either proactively or reactively. Creative, consumer positive, regulation would be welcome. Regulation that favors one group or approach financially or otherwise should be resisted. An essential component of any regulation is recognition and nurturance of the diversity of the touch professions in their approaches and training. The Federation of Therapeutic Massage, Bodywork and Somatic Practice Organizations, in their consensus document on legislation recommends that a coalition approach be used.
(http://www.adeptsys.com/federation)

A coalition [a temporary alliance of distinct parties, persons, or states for joint action – Webster's New Collegiate Dictionary] has been formed to oppose the creation and passage of an ordinance designed to target massage therapists and bodyworkers as potential prostitutes. Information on this issue and the ongoing process can be found at: www.holisticwisdom.org/aaordinance; P.O. Box 3218 Ann Arbor MI 48106-3218, or e-mail aaordinance@holisticwisdom.org

This issue is real, and should be of concern to all Complementary and Alternative Medicine (CAM) practitioners, their clients, and their peers in allied health fields. What is at risk is our supportive climate for alternative therapies, our reputation as a leader in the field of complementary and alternative medicine, and the livelihoods of some of your friends and peers.

Ann Arbor has been a model of support for alternative therapies for decades. Help us to ensure that we will not become a national model for an archaic and outdated perspective of touch and healing that associates massage with illegal sex acts. We deserve better than that suspicion, and we have all worked too hard to give up on the understanding and acceptance we have gained.

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Calendar Highlights for
May – August 2002

1) ***MoonTree*** **performed by Elizabeth Alberda** – May 4
(See Writing and Poetry, and Article on Page 9)
2) **Author Joseph Goldstein speaking on "Emerging Buddhism in the West"** – May 9
(See Buddhist Teaching and Meditation)
3) **Book Signing with Jan Goldstein, Author of *Life Can Be This Good***
May 10 (See Personal Growth Section, and Ad on Page 39)
4) **Introduction to Red Lodge at Crazy Wisdom** - May 15
(See Shamanism, and Ad on Page 8)
5) **Buddha's Birthday Celebrations at the Zen Temple**
May 18 & 19 — (See Buddhist Teaching and Meditation)
6) **Julie Tallard Johnson, Author of *I Ching for Teens*, at Crazy Wisdom** – May 18
(See Tarot and Divination)
7) ***A Return to Love*** **Seminar with Marianne Williamson** –
May 31 and June 1 - (See Personal Growth)
8) ***"A Gathering in Spirit"*** **Fair** – June 1
(See Ad on Page 40)
9) **Nature's Healing Connections with Peggy Garrigues-Cortelyou at the Weber Center** –
June 15 - (See Nature, and Ad on Page 40)
10) **Barbara Marx Hubbard (Author of *Conscious Evolution*) at Renaissance Unity**
June 23 and June 24 — (See Spiritual Development)
11) **The Wisdom, Compassion, Tears and Humor of Zen Buddhist Practice**
Tuesdays in July — (See Buddhist Teaching and Meditation)
12) ***Making Peace With The Things In Your Life,*** **Book Signing and Reading with Cindy Glovinsky, at Crazy Wisdom** - July 13 – (See Personal Growth)
13) **Brian Swimme at Renaissance Unity (Author of *The Universe is a Green Dragon*)** –
July 21 and July 22 (See Spiritual Development)

Since 1982, Crazy Wisdom Bookstore has served as a center of information in the subjects of holistic health, bodymind therapies, psychology, Buddhism, spiritual development and consciousness. *The Calendar* is intended to provide information about the terrific array of opportunities for persons seeking psychological and spiritual growth and physical well-being. The **deadline for free calendar submissions** for the September – December 2002 issue is **Wednesday, July 24th** and the **deadline for paid advertising is Wednesday, August 14th.** The issue will be distributed starting the last week of August. 4,500 copies of *The Calendar* are printed, and *The Calendar* is available at our bookstore as well as at more than 25 other locations in the Ann Arbor area. Phone number: 734-665-2757. We're located at 114 South Main Street, Ann Arbor, MI 48104...www.crazywisdom.net.

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This issue of **The Crazy Wisdom Calendar** was organized and edited by Bill Zirinsky and Molly Nuzzo. Production and Design Editor: Molly Nuzzo. Calendar Editor: Sarah N. Daher. Illustrations by Nicole Macdonald. Cover photos: Angela O'Brien (Elizabeth Alberda) David Lawson (Linda Lawson) and Liz Brauer (Judy Stone). Photographers: Linda Lawson, Angela O'Brien, Ruth Schekter. Cover design: Molly Nuzzo.

The quotes used in the calendar section were found in the book: *Sunbeams*, by Sy Safransky. This book is available at Crazy Wisdom Bookstore.

Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make recommendations as to any or all of them, or to be responsible for the acts or omissions of anyone listed.

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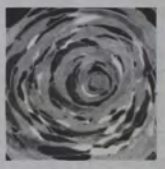

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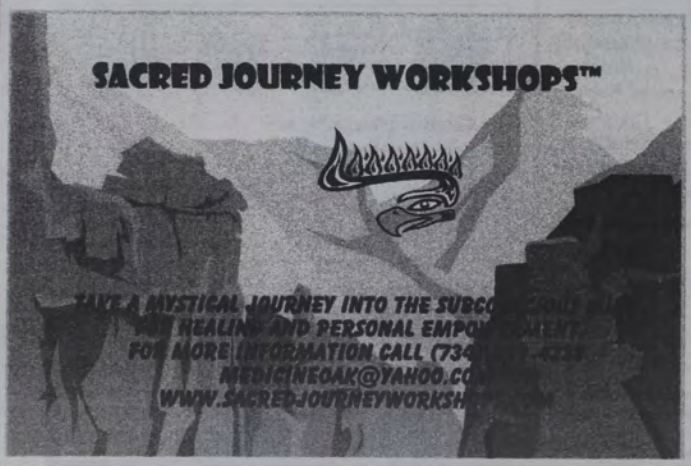

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A Conversation with Elizabeth Alberda ~ Poet, Musician, and Teacher of Creative Integration

Interview by Lucinda (Linda) Kurtz
Photography by Angela O'Brien

ODE TO THE OVARY

O Women
Our glory to store the life egg in
Grey-pink pouches anchored on the wings
Of womb. I tell you the fallopian tube is
A ram's horn to announce rebirth.
Egg as good as fish. An ovary
No larger than a walnut, yet a million possibilities.
Think about it, nine women egg enough to populate Michigan.
Over easy golden body.
Gonad of the female Kokopelli.
Earth never once stopped her love somersaulting in
Infinite space with breathing Ocean,
With a seed-secret inside the moontree.
A human's possibility to grow joy
Into the sorrow of the world.
The Feminine Face of God, zygote!
Being peace unto the world
Beyond wounding and the wound
Behind the sun and moon
One light.

(Elizabeth Alberda resides in Ann Arbor with her husband, Maurice, and her daughter, Ananda. She's an artist: mask maker, flute player and singer of poems. She's a teacher, along with her husband, of Creative Integration, and co-creative teacher of Spiritual Anatomy. In Creative Integration, she works with individuals using the tools of bioenergetics, dream interpretation, soul retrieval and shamanic healing. In Spiritual Anatomy, she explores the interconnection of body and spirit through rebirthing, breathing, eating, the nervous system, the heart, the brain, the hands, the bones and sexuality.)

Lucinda Kurtz: Having just heard for the first time this powerful collection of poems, MoonTree, I honor this expression from your heart and soul and body. I am struck by the multitude of images and the expression in language of sound that sings such song, the resonance of tone, the confluence of the images and the sounds to create such power. Just how does that emerge? Do you know the sound of each word and how it will flow together? Is it an experiment? Does it come forth in one great rush? What is the process of creation that brings forth this power of image and language?

> My tongue is surfing over the sound of these words. It's a thrill! Where music comes from, a mystery. My ear for sound came out of wounding.

Elizabeth Alberda: That's a long, long journey, Lucinda. Perhaps my childhood near the Ocean provided my hearing the sound within the word. My great labor was learning to create the image. Images reside in our physical body; everything in the outside world is in the inside world. It took me 29 years to be grounded in my body to receive the image. In the writing of MoonTree sometimes it felt like riding waves of language, for example, in the poem "Venus" about my experience swimming with the dolphins. I've been writing and rewriting this poem for 11 years. In February when MoonTree poured out, the image married the sound: "a woman plunged into deep water where the Ocean grew hands within the dolphin who wields without tool the waterworld." My tongue is surfing over the sound of these words. It's a thrill! Where music comes from, a mystery. My ear for sound came out of wounding.

Lucinda Kurtz: What kind of wounding touched you so deeply? How did you transform wounding into poetry?

Elizabeth Alberda: Mother Nature decided I would have to listen. As a child, I was mute for the first years of my life. I lived in a world of hearing, seeing and terror. It was dark, a falling into myself. I took in language, but I couldn't speak. I remember forming my first word, all feeling in my tongue. Something inside, I do not know what, opened. I also struggled with dyslexia. Instead of reading about the world, I experienced nature directly. Now after living through the isolation, despair and humiliation, I realize my great fortune, an extended childhood in nature where I experienced the tree as a living being.

Lucinda Kurtz: Elizabeth, this opus, MoonTree, draws deeply from the feminine, from the muses, from the ancient ones, from the mythic energies that course through you. What is your intention in communicating this feminine vision?

Elizabeth Alberda: In MoonTree "water" holds, conveys, and mirrors the feminine energy. In the age of Pisces, the fish, the symbol for consciousness, was submerged under water. In the sign of Aquarius, we now have the image of the water carrier, the human psyche holding water in a bowl for healing. We, as humans, are moving toward greater awareness and awakening from unconscious negative patterns of living. Hopefully, these poems are balanced between fire and water, male and female: in fire, we have the beauty of unique articulation of Divinity seen in Buddhism, Judaism, Islam, Hinduism, and Christianity. In water, there's no separation; all rivers lead to the Ocean.

If we lack the feminine perspective, the fire without water becomes fanatical and fundamental. In the extreme, it creates a lack of tolerance for another way of seeing the world and kills diversity. The feminine way balanced with the masculine includes women and children and our mother earth. Her well-being depends upon our health. In my poetry, I celebrate the power and beauty of being a woman and the feminine aspect in all of us.

> My chalice feels full. I have a greater respect for the human experience and deep gratitude for an art form integrating my heart, mind, body, and spirit.

Lucinda Kurtz: Listening to your response, I smile as I remember the remarkable images in your poetry, embodied images of the miracle of milk, the butterfly as winged cathedral window, the fallopian tube as ram's horn announcing rebirth. Earth, fire, water, and air. You combine so skillfully the images with the sound and mythic allusions. What was your inspiration to sing your truth in your poetry?
Elizabeth Alberda: When I fell in love with Maurice, my husband, a wondrous and wise Virgo, I heard the earth singing and I wanted to sing the earth. I needed to reclaim my sense of myself not only as a human

A Conversation with Elizabeth Alberda (continued)

but also as a woman. It took a long time to empty out the images I had been given about what it means to be a woman from my New England heritage. I had to empty myself in order to receive.

The first poem set the whole tone for everything else. Once that poem was written, it was like galloping through space and time to finish the others. They all came into place once I could say, "I don't want to awake in the wrong home." I had been trying to awaken, but I was taking my definition from our culture, from a male viewpoint. I had to learn to think for myself and connect with the Great Mother, the great earth.

> I had been trying to awaken, but I was taking my definition from our culture, from a male viewpoint. I had to learn to think for myself and connect with the Great Mother, the great earth.

Lucinda Kurtz: You speak and resonate and write with such power about the embodied experience. Are you engaged in work presently that reinforces or strengthens this capacity to bring your poetry forth from your body?

Elizabeth Alberda: Coming from 10 generations of a puritanical background in Marblehead, Massachusetts, it was impossible to be spiritual in a human body. So the learning has been to bring the spiritual into anatomy. This has taken 10 years in my own personal bioenergetic work and 14 years of listening to the soul stories of women and working with them in my work of creative integration. That's why I use the term, "spiritual anatomy" in the first poem. The study of Spiritual Anatomy, my life's work, co-created with Dr. Linda Sayer, brings forth a way to learn the relationship and integration of our anatomy energized by a spiritual force. We offer a year-long study for women and next year for a men's group, as well. MoonTree brings this learning into song.

Lucinda Kurtz: How did you come upon the framework of the alphabet as a guiding structural principle in MoonTree?

Elizabeth Alberda: Since the sixth grade when Miss Broughten formed the letter Q on the blackboard and I witnessed the little line coming out of the letter O, I began my love for the letters. It was as if the room disappeared, and it was the teacher, the blackboard, and the letters, and myself. It extended to hieroglyphics; the form of A being an ox head delighted my imagination. So I thought, that's a good place to begin. Let's begin with the alphabet. Then I worked deeply with Barbara Walker's The Woman's Encyclopedia of Myths and Secrets, which was suggested by Robert Bly, my poetry teacher. Walker's research added to my own study at the University of Syracuse where I learned a male's perception of mythology.

> As a child, I was mute for the first years of my life. I lived in a world of hearing, seeing and terror. It was dark, a falling into myself. I took in language, but I couldn't speak. I remember forming my first word, all feeling in my tongue.

Lucinda Kurtz: I hear a combination of great joy and exuberance and exhilaration in your poetry as well as great pain and wounding and darkness.

Elizabeth Alberda: You have good ears, my friend. That's life, a polarity, and my effort is to bridge the tension in bringing forth more light from the dark and light. Robert Bly, speaking of Rilke's work, expressed it profoundly, "the problem is not whether the song will continue, but whether a dark space can be found where the notes can resonate." A long journey, balancing fear and courage to work and feel in the dark.

Lucinda Kurtz: It seems like it has been part of your task as you have grown to use your work in bioenergetics and in poetry to create balance not only in poetry but also in your life.

Elizabeth Alberda: Yes! That's a perception from the East, the art of living.

Lucinda Kurtz: So the creative act is a way of recreating reality.

Elizabeth Alberda: All I can say to "recreating reality" – life is mysterious and the Mystery, incomprehensible. I am, through the creative act, able to create a slant of light in terms of viewing reality. If I tell my story from the child's point of view, I'll remain a child. The willingness to view life experience as a way for the human to awaken alters the perception of reality, especially the stories we collect about our wounding. Maya Angelou warns us not to "mutilate memory." If we can hold the adult perspective of our wounding by understanding both what the universe is teaching us and still hold the suffering, then this energy will engender creativity, an individual expression of divinity.

Lucinda Kurtz: How do you feel now that you have completed this work that has consumed much of your time and energy?

Elizabeth Alberda: My chalice feels full. I have a greater respect for the human experience and deep gratitude for an art form integrating my heart, mind, body, and spirit.

Lucinda Kurtz: What is your hope for the future, for your future and the future of us all?

Elizabeth Alberda: To live in the present moment, awake, honoring the planet I live on and all the plants and animals and elements. To balance fear and courage, to be honest with myself and the other, to be involved with community, and to teach where I am called to teach. To remove my mask and sometimes wear a homemade mask and dance the poem! It's my great hope, we as humans in earth bodies, can walk "earth" in peace, goodwill and the cultivation of the sacred arts.

Lucinda Kurtz: This performance of your poetry will be at the Genesis Center in the sanctuary used by Temple Beth Emeth and St. Clare's Episcopal Church on Saturday, May 4 at 7:30 p.m. How will your poems communicate in performance the essence of your poetry?

Elizabeth Alberda: Poetry belongs to the oral tradition. It is the sound of the word and the image entering the heart/brain that resonates within each individual being and touches their minds and bodies and soul's longings.

Lucinda Kurtz: What do you hope people will take away with them in this experience?

Elizabeth Alberda: I hope each individual will be inspired to create from his and her own gifts. I hope the images and music bring in compassion toward the self and other. I hope the listening of the poem will resonate inside each earth body a remembrance of our spiritual home. I hope the Great Mother is pleased with her daughter.

Lucinda Kurtz: You have created a very full and communal life in Ann Arbor to the point where your sisters in the Women of the Circle feel compelled to present you to the larger community. Could you tell us about your presentation with them?

Elizabeth Alberda will present her collection of poems, MoonTree, on Saturday, May 4, 7:30 p.m. at the Genesis Center of Ann Arbor (St. Clare's Episcopal Church and Temple Beth Emeth) 2309 Packard Road.

Elizabeth Alberda: Yes, the women are wonderful and gifted. We have dedicated ourselves to drop the façade of competition and jealousy, and to empower each other by mirroring, like a clear lake, what shimmers inside and what individual divinity longs to be manifested. Everything is evolving; we are making music and songs from the poetry for the audience.

Lucinda Kurtz: Thank you Elizabeth and I'll see you on May 4th.

Elizabeth Alberda: Thank you, Lucinda, for your rich questions!

(The interviewer, Lucinda Kurtz, is a graduate of the Barbara Brennan School of Healing, and is a certified Hands of Light Energy Healer in Ann Arbor. A former professor of Women's Studies and political activist, she is a member of the group, Women of the Circle, *which will be presenting Elizabeth's poetry on May 4th.)*

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Poems by Elizabeth Alberda

LADY IN THE MOON

In the house of the moon
There's no separating the livingroom from the kitchen.
When her milk spurted from her breasts
Drops fell to the Earth to become
A jewell in the lotus, a lily
A flowering revelation in the ear
Om mani padme hum. Lady in the MoonBuddha.
In the house of the moon, the sisters
Mary and Martha sing their soul food into
Something to melt on the epithelium of our tongue,
A delicacy to taste the river of language that merges
Without fear or doubt or any kind of anger.
Lady in the Moon, an amulet of silver light in the dark.
If a woman dreamed of her own image in the moon,
She would give birth to a daughter at full tide.
Lady in the Moon, kneading her bread
Wave after wave over the Ocean,
Even the starfish tremble to ride the wave.
Her bread without a knife.

SOUL-MAKING

What heals the rape of a child
When rape makes the child invisible?
I am nobody. No body. No voice.
No trust in the doors of perception.
What restores her to her body
When she doesn't dwell under her skin.
When she spit out the seed,
No face in the mirror.
Rage blinded her.
The Dark, however, guided her. A long journey to reclaim
Her head, her heart, her guts, her pelvis and her feet brought her to
A room where she left her sleep,
Where music streamed into both sides of her brain
A breathing flower
Where her whole head fell into the smell of lilacs, innumerable
Lavender stars singing
The music of the spheres.
Remember, never forget soul-making,
Grief makes a lake and the Dark made the lilac.

ENERGY

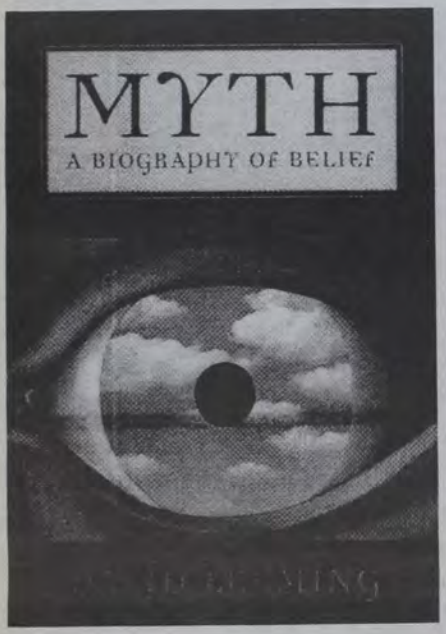
Whoopee Sappho named her the Ocean!
Come with me I'm about some winter cleaning.
Start with the roof, remove the weathercock
Invoke the whirlwind of Eve Eagle, lightning in her
Beak, careful now, transform it into a vacuum cleaner.
Today I found the origin of my dust.
Life making life
What! You're here dusting the threshold of Emily Dickenson's
Home in Amherst. Now there's a woman who cooked soup from
The East. When you're dead, you are not dead.
Plug in that vacuum, remove everlasting punishment.
Prepare beauty above, beauty below and beauty around, God's
Grat Grand Mother is coming. E-gad, take the lip-rounded
Tongue back into the almost vowel W and E weee the sound in
The throat of Joy, contrary to Roman bronze, wash the window
With Blake's Glad Day. E Einsteins's equation: be particular
And if you want, be peculiar, the genius of individual. Do
What you Love! Miriam, the Red One, with her tambourine
Knocked on the Ocean to give Earth her feet for the dance.

Book Reviews

Book Reviews by Katheryn LaMere

A Biography of Belief by David Leeming.

David Leeming's *A Biography of Belief* is aptly named. This small, friendly book traces the recent history of religious beliefs as they have been evolving in the U.S. In an almost personal way, *A Biography of Belief* explains many things: How did we get here from the uniformity of the fif-



ties? Why does Ann Arbor have a book store called "Crazy Wisdom"? "What," as my religiously conservative grandmother might say if she were alive and willing to read this, "is a good girl like you doing reading books that are not *our kind?*" Leeming actually addresses none of these questions, but the answers can be readily inferred.

What Leeming does discuss is the change in the stories we have been telling ourselves over the years. While exploring belief through the lens of mythology, Leeming revisits the big ideas that have filled our bookshelves and shaped our deeper musings.

As a mythologist, Leeming begins with the dual premise that myth is the human means of making sense of the world, and all myths can be considered equal. Leeming then explores three basic myths: creation, deity and the hero. Zuni, Christian, Veda, and Zen Buddhist stories, for example, are lined up next to explanations of the big bang. Leeming also explores the contribution of Virginia Woolf, the archetypal psychology of Carl Jung and the rediscovery of the ancient mother goddess. New physics shows up as well as the new age and *The Universe is a Green Dragon* by Swimme. Leeming even playfully has mystics of all persuasions get together for a fictional chat.

As I read *A Biography of Belief*, I was delighted to remember my initial discoveries of all of the above. Enjoyment of this book, however, does not require prior knowledge of these still exciting ideas. The personal tone, clear discussion and generous sprinkling of stories from so many traditions make this book equally effective as a retrospective and an introduction.

Not to be ignored, though, is Leeming's posing of a mythological question that needs to be answered. He concludes his book with a call for a new type of hero for our new global world. This is no light task. "We are either heroes of the new myth or captives of the old," he warns. "Those who refuse the call, who hang on desperately to the dying gods and myths of past value systems, will continue to endanger the world with their blindness to reality."

The Inner Reaches of Outer Space: Metaphor as Myth and as Religion by Joseph Campbell

Leeming's basic premise about the importance and equality of mythologies was first slipped to the U.S public in the late 1980's by Joseph Campbell via the enormously popular PBS series with Bill Moyers. *The Inner Reaches of Outer Space* is a deeper look at some of the material covered in that series.

What impressed me as I was reading these books was that Campbell's first chapter is much like Leeming's last. Both call for a new mythology. Campbell was greatly moved by the now well-known photograph of the earthrise over the moon landscape. From this image he understood that we had no time left to indulge in mythologies that separate us into enemies. Time has passed, though, and we have still not answered Campbell's question: "What is the new mythology to be, the mythology of this unified earth as of one harmonious being?" Campbell did not attempt to give an answer because, as he writes, "One cannot predict the next mythology any more than one can predict tonight's dream. . ."

Mythology, Campbell says, "is the language of the soul," a language we need now more than ever. Mythology misunderstood as literal truth, he says, only breeds hate and war. Mythology must be understood as metaphor. With this underlying theme, Campbell guides us through metaphors of cosmology, religion and art with many intriguing side trips into the details of various world myths, complete with illustrations.

The Inner Reaches of Outer Space was Campbell's last book. It was initially published in 1986 one year before his death (the PBS series aired after Campbell's death). In it he distills his insights "as I have now been considering for some forty-odd years." Campbell's academic style and tone dates some of the material (did Campbell *really* think that citing Kant would prove a point?). Still, the breadth and depth

Campbell writes, "One cannot predict the next mythology any more than one can predict tonight's dream. . ."

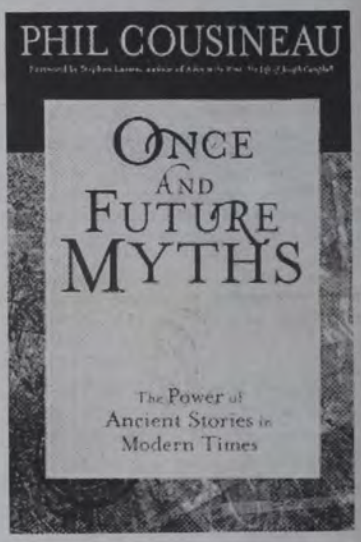
of his research is amazing. Who other than Campbell (the author also of the more well known *The Hero with a Thousand Faces*) has such authority to ask, what will be the face of the hero we need now?

Once and Future Myths: The Power of Ancient Stories in Modern Times by Phil Cousineau

Phil Cousineau didn't wait for the new mythology or the new hero. He took the old mythologies and let them speak to his daily life. In this, he had the personal blessing of Joseph Campbell, who once told Cousineau and some others, "It gives me great pride to see all of you young people making this [mythology] work your own." The scene with this statement can be found in the chapter "The Mythic Power of Mentorship." In other chapters Cousineau explores the myths of creative struggle, time, travel, the city, and sports.

Cousineau uses myth as Campbell suggests— not to give meaning to life, but to charge our lives with vitality. This is the "follow your bliss" potential of myth. The "be the hero/heroine of your own life" potential in all of us. As examples, each chapter of *Once and Future Myths* explores both the history of a myth and how it has played out in Cousineau's own life.

In the chapter on sports he gives us more than the history and intent of the original Olympic games. We read how



Cousineau used his last dime to fly across the country to bring his three year old son to the final game at the old Tiger stadium in Detroit, where his father had brought him to watch baseball. The three year old liked the ice cream

We read how Cousineau used his last dime to fly across the country to bring his three year old son to the final game at the old Tiger stadium in Detroit, where his father had brought him to watch baseball. The three year old liked the ice cream and hated the fireworks. Three year olds are like that, and Cousineau didn't seem to mind. It was the bigger picture, the historical and metaphorical overtones, that Cousineau was savoring.

and hated the fireworks. Three year olds are like that, and Cousineau didn't seem to mind. It was the bigger picture, the historical and metaphorical overtones, that Cousineau was savoring. The three year old's perspective and the beer and the game were half the fun. The other half was participating in the myth of sport.

My favorite chapters were those on the city (interesting history of coffee there) and on the creative struggle (the myth of Sisyphus as interpreted by Camus). Cousineau shows us how even by doing things like drinking coffee in a café we can consciously participate in tradition, in myth— and double our fun.

The Birds of Heaven: Travels with Cranes by Peter Matthiessen

This book has everything. It has myth and bliss, travel to remote regions of the earth, history, mystery, some of the nitty-gritty of world politics, and the struggles and hopes of small groups of people working against the odds.

The myth in *The Birds of Heaven* surrounds the crane, the largest and oldest of all birds on earth. The crane has been, as Matthiessen points out, " revered as a symbol of long life, good fortune, harmony and peace" and other good things throughout the ancient myths of the world. Matthiessen's main point, though, is to highlight the current importance of the crane: "These elegant birds, in their stature, grace, and beauty, their wild, fierce temperament, are striking metaphors for the vanishing wilderness of our once bountiful earth. . ." Cranes are a living myth threatened by death as humans daily continue to destroy their habitats around the world.

Obviously, Matthiessen is what he calls a "craniac." He follows his bliss by following the cranes. *The Birds of Heaven* recounts Matthiessen's travels to see every type of crane that lives. From Siberia to China, Australia and Africa, he happily goes through every imaginable physical discomfort to count cranes—not that he spends much ink on himself. Instead, he provides exact and telling descriptions of the people and places and cranes he visits. With rich detail, Matthiessen illuminates the complexities of promoting crane survival. For example, on a small boat bringing a small group of "cooperating" international experts to a remote crane nesting area along the Russia-

Cranes predate people on this planet, and some are tall enough to look grown people in the eye. Crane couples "sing" in unison. Crane flocks traverse half the globe in yearly migrations. Cranes dance for each other and suffer no foolishness from other species, including any humans who try to look them in the eye.

China border, the Russians are always "forgetting" to invite the Chinese on the shore excursions. In India, conservationists transformed the black-necked crane from practice targets for the Hindu soldiers to sacred and protected birds by renaming them "Tibetan" cranes. In Australia's Gulf of Carpentaria, on the other hand, cranes are safe simply because their habitat is "a wet green hell that few would consider a fit habitat for human beings."

Just the cranes themselves are also interesting. Cranes predate people on this planet, and some are tall enough to look grown people in the eye. Crane couples "sing" in unison. Crane flocks traverse half the globe in yearly migrations. Cranes dance for each other and suffer no foolishness from other species, including any humans who try to look them in the eye. I found this last bit of information good to know because I have encountered Sand Hill cranes on spring walks at Kensington Park in Milford. To be honest, though, Matthiessen tells more about cranes than I really wanted to know. I simply skipped some sections on the various types of trachea and crane kinship intricacies.

The special offering of *The Birds of Heaven* is taking a look at the human species from a crane's eye view. It shows we need to change. Here, too, we are shown the need for a new global mythology. Unchecked development, overpopulation and war are eliminating the natural lands the cranes require—and that the human species at the global level also requires.

Matthiessen is pessimistic about the future of cranes, yet he introduces the reader to craniacs and conservationists in every country he visits. *The Birds of Heaven* shows us that although the difficulties are huge, there still is hope for both species, cranes and humans.

Poetry

Four poems by Robert Thibodeau of Mayflower Bookshop

Parting Lips

The eternal return
to forever
disappearing
in a kiss
or
the Troubadour's lament
and divine tragedy

We both have a paper to write
a gift birthing in the world
wrestling in the dark and light
in flesh, in color, a word
a kiss awakening,
a flood of inspiration,
a flash, a mere fragrance,
a forgetting to remembering
love's everlastingness
even a single touch.

True Love

It is the Divine
intersecting the human
spirit flame
frees the candle
the art and craft of the wizen
the darkness lit in our dreams
the rupture, the rapture, surrender,
the provocative truth with no shame,
eternity embracing the moment,
the moment raised in flames.

tongues of green fire

Tongues of green fire, sweet blades of grass
rise from the grave of old winter past
in wet kiss surrender wet morning dew,
ancient earth, old heaven, awaken anew.
Breath of the song, wings of my heart
strengthen my will, your alchemical art;
may the fire holy angel, star within
flower in works bringing happiness
To the garden lost, wandering souls;
seeking the wholeness within to grow
through tragic and broken childhood dreams
to the love and truth forever free us
in good work and friendships
that never leave us, may all ripen
within and come to true season
hearts melting to greater wholeness
a greater love and higher reason
each of us is a blade of grass
a leaf in the book of everlastingness.
So; Tongues of green fire, sweet blades of grass
rise from the grave of old winter past.

what the road is made of

there is no poem captures the moment
the glance, the touch, the kiss, the warmth.
there is no key to unlock the secret
the thousand lives this one adorns
but grace, spirit, unfold before us
love's flame burn our way clear
within sacred heart vows keep us
holy weaving all far and near
root, leaf, blossom, flower
come to fruit, seed, root inside
hold us in this fragile hour
heaven to earth, earth to sky
string our songs into a necklace
stars to circle blue green earth
string our stories into gardens
we pilgrim souls in joy and mirth
till the rivers run not foul
till the birds all come to nest
till the smiling face of morning
upon our heart and mind does rest.

Illustration by Nicole Macdonald

A Poem by Helen R.Weingarten

Dressing up in Ann Arbor. . .

In the mirror behind my reflection, the ghost of my mother dresses up in the navy-blue lace gown she wore to Bar Mitzvah parties on Long Island. Behind her, her mother stands wearing a faded grey flowered housedress and sensible club heeled oxfords that lace up the front.

When I was ten, I dreamed of going to synagogue with my future husband and children in a blue felt hat covered with peacock feathers, of handbags that matched each of the fifty pairs of shoes in my closet, of pink cashmere sweater sets that didn't pill or fuzz.

My friend Joanie, who works as a buyer for Neiman Marcus asks: "Don't people in Ann Arbor care how they dress?" She doesn't have a clue how long it took to find Birkenstocks the exact same shade as my purple chenille top.

When I wear my red plaid fleece sweatpants on dreary February afternoons, I feel as comfortable as chicken soup and happier than a Ralph Lauren model in her tweedy chesterfield jacket and patent leather riding boots.

People in Ann Arbor do care about looking good, but if we're lucky, we care about other things more. . .

Take Two Apples And Call Me In The Morning~

An Excerpt From the New Book by Judy Stone, Ann Arbor's "Nutrition Magician"

Editor's Note: Judy Stone is a certified nutritionist, and a passionate cook, who specializes in wellness nutrition. She is the publisher of Eater's Digest, an online newsletter at www.nutritionmagician.net. *Stone has also been a Bioenergetic therapist for many years. She is a cutting edge and iconoclastic thinker in the growing field of "conscious eating". Her new book will be available in bookstores in early June. What follows is the Preface to her book, and a slim portion of her second chapter.*

Preface

The controversy in recent years among government officials, the media, nutritionists, diet gurus, and consumers over the "low-carbohydrate diet" phenomenon is nothing short of a good old- fashioned, lunchroom food fight. Whatever you know or don't know, believe or don't believe about the low-carbohydrate trend, no one disagrees with the fact that the predominance of overly processed carbohydrates, sugar, fast food, and highly manufactured products has spawned a health crisis of great magnitude in this country. It would be hard to make a case otherwise when we look at the epidemic occurrence of diabetes, obesity, ADD/ADHD, depression, high cholesterol, hypertension, and other chronic illnesses.

In my own small corner of the world, practicing as both a psychotherapist and a nutritionist, I have been awed by the power of food to change people's lives. Significantly reducing their consumption of sugar and refined carbohydrates has produced nothing short of miracles in many of my clients' lives and in their emotional and physical health. So dramatic were these changes that I began to feel I could do more to help people in less time as a nutritionist than as a psychotherapist, which eventually prompted me to focus my practice solely on nutrition. In addition to nutrition coaching, I also teach cooking classes, present corporate wellness programs, write articles, and give workshops, and the appetite for this information is huge. What I see, though, is that as hungry as people are, all too often the desire of well-intentioned people to improve health gets buried by frustration, confusion, and ambivalence about learning a different way of eating.

We live in a society that makes it cheaper and more convenient to eat poorly. We exist at a time in history when forty years of misguided but persuasive thinking about the role of dietary fat has created a powerful "low fat economy"

We live in a society that makes it cheaper and more convenient to eat poorly. We exist at a time in history when forty years of misguided but persuasive thinking about the role of dietary fat has created a powerful "low fat economy" based on thousands of products that increase the very problems they claim to prevent.

based on thousands of products that increase the very problems they claim to prevent. This economy is supported by a pharmaceutical industry eagerly serving up costly drugs to clean up the mess. The bottom line? It's been too difficult and too unappealing for most Americans to give up a way of eating that has been made more affordable, more convenient, in our minds more correct, and in our experience more tasty.

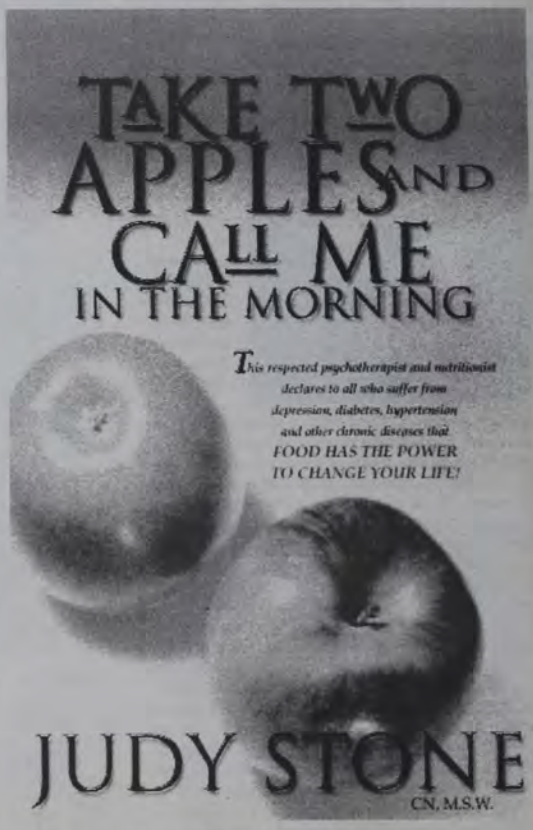
We are a nation of people who have come to rely on experts and magic bullets to lead us into health. Although "experts" can be a wonderful source of inspiration and gathered knowledge, they are no substitute for cultivating our own desires and inner wisdom to guide us through change. And magic bullets don't come cheap. There is and always will be a price we pay for "easy." The price might be in the dollars we pay for medical care, fancy spas, personal chefs, or structured diet programs. Or it will likely be at a more precious price, the cost of our health and quality of life when we use a myriad of medications with all their side effects, or the cost to our well-being and our self esteem when nothing we try works. We've been sold "instant," and that's what we're used to— instant pudding, instant weight loss, instant drug relief. But changing our individually and collectively declining health requires more time and patience than "add milk and stir," "lose ten pounds by Christmas," or "just one pill spells relief."

Many people have gotten the message that 90 percent of illness and poor health can be treated or reversed through daily behavior choices that each of us has under our control, such as food, exercise, drinking, and smoking. After talking over the past few years with hundreds of people about nutrition and health, what I have noticed is that more people than ever are aware of the toxicity of sugar, refined carbohydrates, and manufactured fats. But most are overwhelmed by the prospect of making the shift to a healthier way of eating in the midst of already over-burdened lives. It's no wonder we are still choosing to spend billions annually on high-priced drugs, high-tech surgical procedures, and out-of-control health insurance premiums.

My vision for this book was to create a coaching manual that would inform, inspire, and be the next best thing to having a personal nutrition *and* cooking coach available 24/7. Understanding how the body uses the food you're eating to either support or deplete health is a great motivator for you to make a change. But translating that understanding into action is another "kettle of fish," as the saying goes. The gaps between knowing what to do, knowing *how* to do it, and doing it consistently can be quite large, and they have swallowed many of us repeatedly. Learning to tell the difference between what nourishes your body and what fattens the food industry at your expense isn't easy. There are so many other pieces that contribute to long-tem health and that can support your efforts to change—things like beliefs and attitudes, exercise, sleep habits, supplements, etc. But trying to "just do it" can send you scurrying in too many directions, getting you nowhere at all.

Take Two Apples and Call Me in the Morning is a meal of many courses, carefully made with all of the ingredients that have been helpful to my clients and students over the years. I serve it to you with the hope that it will inspire in you an enthusiasm to take charge of your health in what I believe is the most powerful and direct way possible—through the food you eat every day. This is an ongoing meal not meant for you to devour in one or two sittings—you will surely feel stuffed and uncomfortable if you approach it that way. It is not a diet program, although it does have concrete suggestions for structuring your eating based on an understanding of *your* body and *your* physical and emotional health needs. This book may not give you the high of the latest, dramatic diet plan. It is grounded in good nutrition but, more importantly it is grounded in the reality of how people like you or I plan for, execute, and integrate big changes that will stick for the long haul. One step at a time. Your time.

I will consider this book successful if your desire to eat differently and exercise regularly is ignited, not because I've convinced you of anything, but because after trying a few small changes, you are not able to ignore how much better you feel. And I will consider it successful if, beyond that, it continues to provide you with the support, information, and guidance you need to keep building on those first delicious experiences of better health.


TAKE TWO APPLES AND CALL ME IN THE MORNING
This respected psychotherapist and nutritionist declares to all who suffer from depression, diabetes, hypertension and other chronic diseases that
FOOD HAS THE POWER TO CHANGE YOUR LIFE!
JUDY STONE
CN, M.S.W.

How to Use This Book

This book has three purposes. The first is to demystify nutrition by correcting fallacies that have become doctrine in last few decades and by presenting some of the current thinking in the relationship between what you eat and how you feel. I have pulled from many sources and resources to help you separate the "wheat from the chaff" and to enable you to make informed choices about what you put in your body.

The second is to take judgement, rigidity, frustration, deprivation, and futility out of trying to change how you eat and to replace those with patience, compassion, and reality. Take Two Apples and Call Me in the Morning is written to reflect the reality of how real people learn and change. Effective change is not instant and it's rarely ever a constant move in a single direction. Being flexible and compassionate enough to grow at your own pace is a key to success in any endeavor. This book will help you both challenge yourself to set and meet your goals and give you room to be human.

The third purpose of this book is to hold your hand in the kitchen, as much as this print medium allows, until you get comfortable with eating a healthier diet. If you're going to eat healthy food, learning what to buy, where to buy it, and how to prepare it is certainly a necessity. And if you're not a cook, there are chapters and ideas to support your healthy eating as well.

I've structured Take Two Apples and Call Me in the Morning to be both informative and practical. The first seven chapters are each divided into three sections: Understanding Your Body, Nutrition Magic, and Moving Forward. In Understanding Your Body I present in a clear and simple way how your body and brain work with the food you eat, describing how different foods enhance your well-being or deplete your health. These sections look at how the food that makes up most people's diets—refined carbohydrates, sugar, poor-quality fat, caffeine, and highly manufactured foods—affect emotional and

physical health. It also looks at how we have gotten away from eating the food that would nourish us and keep us healthy with much less disease, depression, obesity, emotional problems, and reliance on medications.

The Nutrition Magic sections are designed to help you take the information from Understanding Your Body and apply it to your diet. In Nutrition Magic you will find very specific food information, such as good sources of protein, how to incorporate healthy fats into your diet, or which foods can trigger depression. This section is also your step-by-step guide for making dietary changes. Every time you see an apple symbol, it will be followed either by a recommendation to make a small change in your diet or perform a task to support the changes you want to make (such as doing a "kitchen cupboard makeover.") The changes marked by the apple symbol are ordered in the way that I have found to be the easiest and most immediately rewarding for people. There is no timeline for making these changes other than your own. It may take you three days or three weeks to implement a step; you're not "good or bad" for doing it faster or slower. Each step will make you feel better and it's your choice to balance that goal against whatever discomfort or inconvenience you feel from making any given change.

Photo by Liz Brauer

It has always been my philosophy that changing one's diet should be a process of adding in, rather than taking away, whenever possible. This both eliminates a sense of deprivation and anxiety, and provides nourishment to balance the body. When the body becomes more balanced, the desire for foods that deplete rather than nourish fades away and a lot of the struggle of changing one's diet is removed.

The third section in each of the first six chapters, Moving Forward, is focused on the nonfood aspects of change that relate to or support changing your diet and your health. For example, the first two Moving Forward sections discuss how we incorporate or get rid of beliefs and attitudes that either support or sabotage change. Other chapters take a look at sleep and overcoming sleep difficulties and exercising effectively to increase fat burning or to improve cardiovascular health. The walking puzzle piece symbols indicate a structured task that you can work on, such as replacing your inner critic with an inner cheerleader, figuring out your target heart rate and ideal target exercise zones, or planning a strategy to improve your sleep. Unlike in the Nutrition Magic sections, the order in which you try the Moving Forward exercises is less critical. See what resonates with you and choose your own order.

The rest of the book is exclusively devoted to helping you get accustomed to a new way of eating and gradually expanding your comfort with and proficiency at feeding yourself well. Chapters Seven and Eight address practical challenges, such as travelling, stocking your refrigerator, freezer, and pantry, and getting organized to make healthy cooking efficient and healthy eating convenient. These chapters are written for people who cook—and those who don't. Chapter Nine is for those who are ready to step up their healthy cooking. Here you'll find menu ideas, step-by-step plans for doing a week's worth of cooking at once without impaling yourself on a knife, and suggestions for creatively turning the same food into different dishes. Chapter Ten will tell you how to satisfy your taste for something sweet.

All of the recipes more complicated than a hard-boiled egg are included in the Cookbook section. For those who have rarely visited their kitchen I have included the most basic of instructions. Even if you have cooked, many people are unfamiliar with cooking methods and techniques for working with whole, fresh foods—leafy greens like kale or collards, nuts and seeds, healthy fats such as flaxseed oil, natural sweeteners like the herb stevia. The Cookbook and the Glossary will provide information on what these foods are, where you can find them, and how you can prepare them.

The first appendix discusses the topic of supplements and herbs. The second appendix contains a compilation of any website or book resource mentioned within the book as well as some additional good references.

Use this book as you would your refrigerator or pantry. It will hold the information you need and you can come here whenever your appetite for change surfaces. Sometimes you might just want a snack, other times a meal. One day you may eat a lot, the next day very little. Always allow yourself time to digest; it's never wise to eat on a full stomach!

Chapter Two: Fat Fiction, Lean Fact

Since the early sixties, we have been highly conditioned with the message "fat is bad." The viewpoint of the media, the medical journals, the pharmaceutical industry and the food industry has been that saturated, meaning animal fat causes high cholesterol. And high cholesterol, we're told, is a leading cause of heart disease.

Many scientists have long questioned the fat-heart disease hypothesis and the research used to support it, but their voices have been silenced by the chorus of "fat causes heart disease" advocates. After forty years, even those folks are acknowledging that the picture is much larger and more complex than the simple generalization that fat is bad. Fat in general, and cholesterol in particular, have some very critical functions in promoting and protecting our health, including heart health. There are many other factors beyond quantity that need to be considered in understanding how the body responds to dietary fat

All of the "replacement fats"—the zero cholesterol vegetable oils and margarine that we all thought were healthier—are not looking so great under the scrutiny of current research. And there is a significant amount of well-researched and published evidence demonstrating that many of the original and most often cited "cholesterol studies" do not actually support the conclusions they are reported to conclude.

> My vision for this book was to create a coaching manual that would inform, inspire, and be the next best thing to having a personal nutrition *and* cooking coach available 24/7.

One trend that has become evident is that there are also many negative health effects from too little fat and from too little of the right kinds of fat. The issue may well be not how much fat is in our diet, but what *kinds* of fat are we consuming and from what sources? Many of the fats placed on the market since the "cholesterol scare" of the last four decades we're now being told to avoid.

In "Fat Fiction, Lean Fact" we'll examine some of the current research and thinking about cholesterol, heart disease, and obesity. We'll also discuss the health impact of fat-restricting diets and the use of "replacement fats." And of course, you'll get some guidelines for healthfully including fat in your diet in the Nutrition Magic section. The Moving Forward part of Chapter Two will give you tools to work with some of the emotional resistance to successfully changing how you eat. You will learn about how your subconscious works to both learn and unlearn negative and self-defeating thought patterns. And you will discover how you can effectively use these same techniques to supply your subconscious mind with positive, success-oriented messages.

Understanding Your Body

It's Time for Fat-Friendly Thinking

Confused about fat? Join the club. Dietary fat plays complex roles in the functioning of your brain and body, and the significance of fat to your health has been lost in the tidal wave of anti-fat messages. Accurate information about fat has been ignored or convoluted by agendas that reach far beyond the health needs of you and me. It's important to recognize that four decades of "fat is bad" thinking has produced many food products, drugs, services, and models of medical treatment that are based on the assumption that fat, particularly saturated fat, is bad for us. "Bad fat" thinking has produced a tremendous product and service economy of its own, and for that reason alone, those who challenge that way of thinking, no matter how scientifically credible, struggle to be heard. And the fact is, we simply have more information now than we've ever had about dietary fats and health, and more is continually being discovered. As frustrating as it may be that things keep changing, just remember you have a goal to be as healthy as you can be, and that means keeping up with the current state of knowledge.

Fats are essential to your health in so many ways. Fat is a key element in the structure of the brain, nervous system, cells, and hormones. And, surprising though this might seem, fat is necessary for your body to burn fat. Some fats, especially the saturated ones, contain antimicrobial properties that help your cells to resist infiltration by bacteria and other pathogens. Although fat is reportedly a primary cause of heart disease, studies across the globe show neither strong nor consistent evidence that a decrease in fat intake, especially animal fat intake, results in lower levels of heart disease or deaths from heart disease.

Shocked to hear this? Most people in my classes or those whom I see in my office have been religiously following lowfat diets for years or decades and find it scary, threatening, or confusing when I present this information. But most also know that what they've been doing has not been working to support their health. And it's pretty hard to ignore the fact that among U.S. women, heart disease has been steadily increasing. The number of overweight men, women, and children in the United States has been and continues to be on the rise despite the fact that fat consumption has been decreasing for forty years.

How can this be? Well, for one thing, Americans are eating significantly more refined carbohydrates than ever before. Remember the negative impact of elevated blood sugar and insulin on health we talked about in Chapter One? None of the studies on the health effects of fats ever took that factor into account. It appears that calories and fat are handled differently in your body depending on blood sugar and insulin levels.

Second, since the "cholesterol scare" beginning in the early sixties, the grocery stores have been flooded with no-cholesterol vegetable oils, margarine to replace butter, hydrogenated and partially hydrogenated fats in a majority of foods, and enormous varieties of fat-free products. Until very recently, nobody thought to study the effects of these manufactured foods on health. Now that we are, the findings require that we rethink our whole model regarding dietary fat.

Finally, many researchers have gone back and thoroughly examined the data in many of the original studies concluding saturated fat raises cholesterol levels and elevated cholesterol levels increase risk for heart disease. These

From...
Take Two Apples and Call Me in the Morning
By Judy Stone (continued)

credible scientists are critical of how the original studies were reported and strongly refute that the data support these conclusions.

So sit back, open your mind and prepare for an attitude adjustment about fat!

Smart, Happy People Eat Fat
As a former psychotherapist, I find one of the most exciting areas in nutritional research today to be the study of the effect of food on our thoughts, emotions, and behavior. And fat plays a key role in this. Do you remember hearing when you were younger that fish is brain food? The reason is fish contains some specific types of fatty acids critical for brain functions and not found in other food sources. By brain functions I'm talking about several things that affect your moment-to-moment well-being. Things such as:

(a) the ability to manufacture the chemicals that regulate your moods; (b) the ability to process information and thoughts; (c) the ability to focus and concentrate; (d) the ability to appropriately control behavior; (e) the ability to direct all the physical functions of the body at the cellular level as well as the activities of organs and muscles.

In addition to this, the brain itself is composed of 60 percent fat and the source of that fat is, or should be, your diet. So what do you imagine happens to all these functions when you decide that fat is bad for you and strip most of it from your diet?

Many parts of the nervous system that carry out the brain's directives are composed of fat as well. The *myelin sheath* is the fat layer that surrounds and protects nerve fibers and helps with the transmission of nerve impulses along this information superhighway. *Nerve synapses*, the connecting link between two nerve cells, are composed of fat. When your diet contains inadequate amounts of fat or the wrong kinds of fats, all of these fat-based structures are compromised and may deteriorate, which means that all of the functions that depend on these structures suffer. There is a growing body of research linking many diseases and conditions with fatty acid deficiencies. Depression, attention deficit disorder and hyperactivity, schizophrenia, bipolar illness, diabetic neuropathy, multiple sclerosis, ALS or Lou Gehrig's Disease, stress, seizure disorders, sciatica, dementia, Alzheimer's, and many other conditions that result from diminished or impaired nerve conduction have been noted to improve with the addition of specific fats to the diet. This doesn't mean we know for a certainty that all of these conditions are caused by lack of fat or can be cured by adding it. It does mean that a fat deficiency appears to be present in each of these conditions and that symptoms frequently improve with the addition of certain types of dietary fat.

It Takes Fat to Burn Fat
Fat is even necessary for your body to burn fat. Bile salts, manufactured by the liver, help break down dietary fat so your body can utilize it. Cholesterol, a type of fat I know you've heard about, is necessary for the production of bile salts.
There is another very significant way fat helps your body to burn both dietary and stored fat that researchers are more recently looking at. We actually have ***two types of fat cells*** in our body, white ones and brown ones. The ***white fat*** cells are the ones that hold gatherings around your midsection and any other places they can find to hang out, hoping someday to be needed. ***Brown fat*** cells, however, lie deeper within your body, providing cushioning to vital organs and the spinal column. But these brown cells also have another important and very specialized function. Brown fat cells' *primary* job is to burn calories to provide heat energy for your body. That's right, these little guys and gals exist to munch on calories you take in as well as any stored fat you may have hanging around. This process of producing heat energy by burning calories is called ***thermogenesis***.

Brown cells have their own metabolism, and the more revved up it is, the more efficient your body is at burning incoming food and body fat. French researchers in a 1992 study were able to measure the level of thermogenesis taking place in three groups of women: those who had no trouble with weight control, those with a history of obesity, and those who had recently experienced weight gain and were having difficulty losing the weight. What the researchers found was a clear relationship between the level of activity in the brown cells and the tendency of the body to gain and hold weight. The women with no weight problems had an increase in thermogenesis when calories were taken in (in the form of sugar water) whereas the other two groups had no increase in calorie-burning activity. The women in the group with a history of obesity not only didn't increase their brown cell metabolism, in addition their body stored the calories (totally unfair, I think we agree!). Well, guess what substance has been found to kick those little brown cells into working their (or your) butts off? You guessed it—fat! That's right, it takes fat to burn fat. Later we'll talk about which kind of fat accomplishes this minor miracle.

Essentially Healthy
One type of fat in particular—cholesterol—is the critical component in the manufacturing of hormones. While women tend to be most aware of hormones because of reproductive cycles, hormones have a much broader impact as information chemicals that "run" the body. Insulin discussed in Chapter One, is one example, but many more hormones are involved in reproduction, growth, metabolism, building bone density, and maintaining fluid and electrolyte balance in the body.

Did you know that nicks in your arteries are repaired with cholesterol? Cholesterol is so important that roughly 75 percent of what your body uses the liver manufactures itself, increasing or decreasing output depending on how much cholesterol you get in your diet. In fact, this is why cholesterol restriction is *not* an effective way to control blood cholesterol. Your body knows how much cholesterol you need from day to day and will override dietary attempts to manipulate its level.

Fat is also a critical component of something called ***prostaglandins***, which are hormone-like regulatory substances that affect virtually every system and cell of your body. Prostaglandins are made from essential fatty acids, which are fats that we need to get from our diet because the body cannot produce enough of them on its own—that is why they're called "essential." Prostaglandins regulate things like:

- (a) Expansion and contraction of arteries and blood vessels; (b) Blood thinning and clotting; (c) Pain transmission; (d) Inflammation; (e) Immunity; (f)Cell proliferation.

There are two types of prostaglandins, known as "good" and "bad." These are relative terms and not exactly accurate, because we need both types; we just need them in proper balance. For example, the so-called good ones promote expansion of the arteries while the so-called bad ones cause constriction. Too many of the bad ones leading to over-contraction, could cause what we know as a heart attack. But too much expansion would decrease pumping and circulation of blood. So we must have both types of prostaglandins to keep these opposing functions in balance.

Let's go through this list above and see how the regulation of each of these functions is related to your health and could be related to various health problems.

- Expansion and contraction of arteries and blood vessels:

The ability of arteries and blood vessels to expand and contract rhythmically and with flexibility is the mechanism behind pumping blood to feed every cell and function of your body. This expansion and contraction is critical to overall health and to preventing heart attacks and high blood pressure.

- Blood thinning and clotting

If blood clots too much, we run the risk of strokes; if it doesn't clot enough wounds won't heal.

- Pain transmission and Inflammation

Pain transmission is a concern for anyone with a condition that involves chronic or temporary pain such as fibromyalgia, arthritis, or an injury, to name a few. Allergies, arthritis, lupus, and inflammatory bowel disease all involve inflammation and are examples of conditions where the body's inability to tone down its inflammatory response is central to the symptoms of the illness.

- Immunity

In the immune system, proper regulation can make the difference between being able to fight off illness appropriately and an immune system that becomes overactive and begins to mistakenly attack itself, the central feature of autoimmune diseases like lupus, fibromyalgia, chronic fatigue, arthritis, and AIDS.

- Cell proliferation

Wound healing, tissue repair, growth, and fetal development are examples of healthy cell proliferation. Cancer is a disease in which cell proliferation runs amuck; cancer cells grow and spread out of control.

Can you see how having enough of the proper fat in your diet to produce hormones and the right balance of prostaglandins is essential for preventing or treating many common health problems?

Still not sure it's wise to consider fat your friend? Here are a few other ways that fat supports your health. Healthy structure of your cell walls relies on having enough fat. Too little fat, especially saturated fat, theoretically the "bad boy" of all fats, causes cell membranes to become too "soft." When cell walls lack the proper amount of stiffness, they are more permeable to pathogens and carcinogens. Too much unsaturated fat, especially the polyunsaturated vegetable oils, causes cell walls to become "watery." Cell wall integrity is a vital part of keeping up your immunity to illness. And if cell walls don't provide an adequate screen against foreign invaders, then DNA, your genetic material, is more at risk for being exposed to mutating agents, including cancer.

If your body doesn't have enough fat or can't utilize it properly your ability to use the ***fat-soluble vitamins*** A, E, D, and K is compromised. Among other things, each of those vitamins is important to your vision, heart health, bone structure, and blood clotting, respectively.
essential fatty acids? Doesn't it make sense that many of today's health problems are connected to the *lack of natural fats* in our diet?

###

(Editor's Note: Chapter Two also includes a section on "Unfriendly Fats" – hydrogenated fats and trans-fatty acids; practical information on good fats to buy and how to store them; an exercise to help readers identify what kinds of fats they're currently eating; step-by-step ideas for making dietary changes; and a section on how to incorporate or get rid of beliefs and attitudes that either support or sabotage change.)

Recipe

Butterscotch Pudding

serves 6
This healthy version tastes so much better than the stuff out of the box! Topped with a dollop of whipped cream, it makes a very special dessert. Serve it with a meal that has been light in carbohydrates

2 C cooked mashed **Yams** (Red Garnet gives sweetest flavor)
1 C Original flavored **Amasake****.
1 **Egg**
1 oz **Vanilla Whey Protein Powder**
1½ teaspoons natural **Butterscotch Flavoring**
2-4 drops **Stevia Liquid**

1. Blend all ingredients in blender or food processor until very smooth.

2. Pour in baking dish or individual ramekins. Bake at 350° for 30 minutes or until custard is set and the top is golden brown. Can serve warm or chilled.

Per serving: 133 kcal; 6g protein; 22g carbohydrate (1g fiber); 1.7g unsaturated fat

**** Amasake** is a thick, very sweet liquid made from fermenting brown rice. Its sweetness is naturally occurring and fermenting the rice makes it a very digestible, nutritionally available food. However, it should be used sparingly because even though its sweetness is natural, it still affects blood sugar levels.

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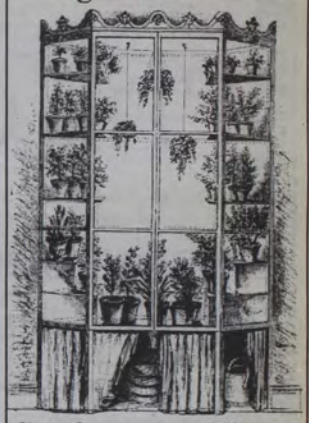

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DROP-IN SHIATSU WITH CYNTHIA CONKLIN
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$1.00 per minute. No appointment necessary. Call (734) 213-1773

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The Crazy Wisdom Calendar

Acupressure, Reflexology & Shiatsu

Drop-In for Shiatsu with Cynthia Conklin at Crazy Wisdom Bookstore • May 24, June 28, July 26, Aug. 23; 7:30-10:30 p.m. • Drop by the bookstore on one of these Friday evenings to experience Shiatsu, an ancient Oriental body therapy. Relax on a futon for a gentle, penetrating, nurturing and effective treatment that will restore your vitality and stamina. $1 per minute, then move to the Tea Room for live music! For information, call 213-1773.

Self-Acupressure with Wasentha Young of Peaceful Dragon School of Tai Chi Chuan • May 4, 1:30-3:30 p.m. • There are some easy steps that you can use to help relieve stress-related tension. This class will introduce some to the potent points on the meridians (energy pathways). With the touch of one's own hand, one can facilitate the release of tension promoting the circulation of one's Chi (internal energy flow) in that area. Students will focus on the techniques of Acupressure and the Acupressure potent points that release physical tension. $50. Call 741-0695; www.peacefuldragonschool.com.

Reflexology at the Ann Arbor Institute of Massage Therapy with Prema Smith • May 4-5, 8:30-5 each day • This is a holistic approach to an ancient form of treating the whole body through the reflexes of the feet. We will explore the history dating from 3000 BC to current international research as well as its clinical significance. The basis for treatment evolves from the harmful effects of stress on the body's systems. 14 CEU's. $250. Call 677-4430 ext. 21, fax 677-4520, aaimt@earthlink.com.

Acupuncture and Oriental Medicine: An Introduction with Brodie Burris • May 6, 7:30 • A condensed introduction to the practice and principles of acupuncture, Chinese herbology and related modalities. Lecture will include demonstrations and will answer your questions. Free. Call 975-2745; brodisan@aol.com.

Adventure Travel

Trekking and Exploring in the Himalayas in Nepal with Heather O'Neal • June 14, July 19 or Aug. 23; 7 p.m. • Slides, video, stories and more will bring Nepal to life. Entertaining and educational, bring the whole family. Learn how to create the vacation of a lifetime. Free. Call 369-3107, ofglobal@aol.com.

Animals & Healing

The Animal-Human Energy Bond with Betsy Adams through Gateways Center for Life Enrichment • May 4, 1-5 p.m. • In this workshop, Betsy will help you comprehend and feel more clearly who your animal companions are. We will also explore the spiritual evolution of the animal kingdom and how our health and longevity are affected by our pets. Also learn to help in your pet's physical, mental and emotional healing and where these states may be out of balance. $45. Call Betsy at 734-475-4230 or Gateways at 677-8889.

Energy Healing with Animals with Ray O. Golden of Center for Intuitive Health • June 9, 10 a.m.-7 p.m. and June 10, 7-9:30 p.m.; or Aug. 3, 9 a.m.-6 p.m. and Aug. 5, 7-9:30 p.m. • This class is oriented toward working with animals. The first day is the traditional Reiki One class which can be waived if you have had Reiki from a traditionally trained Reiki Master. The second day is focused on using Reiki with animals. Only people are to attend. For cost, call 663-9724, intuitivehealth@aol.com.

Healing with Animals and Nature with Phyllis Perry • Six 90-minute sessions, call for dates and times • We will read chapters from *The Tao of Equus* and *Horse Sense and the Human Heart*. Learn and discuss how our relationship with animals and nature help us heal and grow. $120 for six weeks. Call 973-0003.

Art & Craft

Art and Soul at Windrise with Pat Hoff • July 19 in the evening to July 21 in the afternoon • Treat your playful spirit to this exploitation of color. We'll learn to paint on just about everything! Come embellish your world with paint. $300. Call 262-644-6181; chupat@nconnect.net.

Face Casting with Ann Lyneah Curtis of Yourist Pottery Studio • Aug. 11, 1-4 p.m. • Face casting can lead one on a visual and tactile journey of self exploration and ancestral connection. Experience this ancient art through a hands-on workshop where you will learn to cast and have your own face cast. Options for using your casting as a mold to create additional art pieces will be discussed. $34. Call Kay Yourist at 622-4914; kay@youristpottery.com.

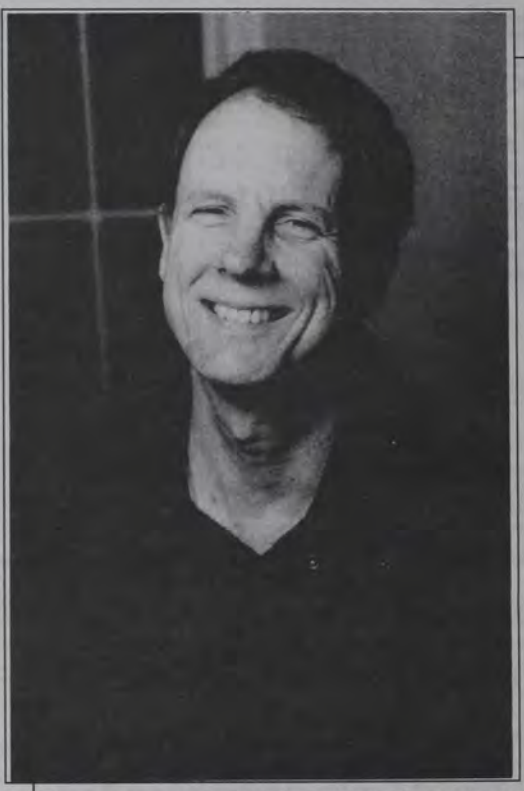


Photo by Linda Lawson

David Lawson is a meditation teacher at Deep Spring Center, and an environmental program manager.

I love meditation practice for the joy, stability, and peace it brings to me. Every day, my practice is teaching me how to live more fully and vividly, and also how to begin to free myself from fear and reactivity. And I am learning that I no longer need to hide from life, that I can finally be at home in this world. It is because of its transformative effect in my life that I find such joy in sharing it with others.

Beginning and Advanced Throwing on the Potter's Wheel with Kay Yourist of Yourist Pottery Studio • Six Wednesdays, June 12-July 17, 6:30-8:30; Six Thursdays, June 13-July 25, 12:30-2:30 or 6:30-8:30; Six Tuesdays, June 18-July 23, 6:30-8:30; Six Wednesdays, July 24-Aug. 28, 6:30-8:30; Six Mondays, July 8-Aug. 12, 6:30-8:30 • You will learn the basics of pottery making on the wheel or continue to explore more advanced throwing techniques. By the end of the first six-week class session, you will have cylinders and mugs to keep. The results of your time in the studio will be relaxing as well as enjoyable. $155 plus basic pottery tool kit for $13. Call Kay Yourist at 622-4914; kay@youristpottery.com.

Introduction to Handbuilding with Clay with Rachel Jensen of Yourist Pottery Studio • Adults: Saturdays, June 15-July 20, 1:00-3:00; Children: Saturdays, June 15-July 13 or July 20-Aug. 17, 9:30-11; Children (ages 3-7) and Parents: June 15-July 13 or July 20-Aug. 17, 11:15-12:45 • Everyone will learn about the basics of pottery making using different handbuilding techniques. Each class is designed for the age group of its students and all will complete the class with works to bring home. Adult class: $155, Children class: $95, Parent/Child Class: $65 each. Call Kay Yourist at 622-4914; kay@youristpottery.com.

Creating Figurative Sculpture with Rachel Jensen of Yourist Pottery Studio • July 14, 1-4 p.m. • This will be a hands on clayworking experience. You will explore how to capture human gesture and motion while creating figurative sculpture. Your piece will be completed through the kiln firing process. $50. Call Kay Yourist at 622-4914; kay@youristpottery.com.

Greeting Card Making Workshop with Carol Morris • Ongoing beginning May 7 • Find the joy and fun in greeting card making parties. Make valentines or other seasonal cards for your friends and loved ones. Limited to small groups of five or less. Fee includes all materials including card stock and envelopes as well as access to tools and supplies from the overstocked artist's studio. $20 per two hour session. For exact dates and times, call 761-5616; silkrhino@aol.com.

Photo by Linda Lawson

Susan Klimist is a meditation teacher at Deep Spring Center, and a Physician's Assistant at U of M Hospital.

Sharing this practice and these techniques is the best thing I do. Starting simply, breath by breath, we begin a journey of liberation from suffering, for ourselves, and all beings.

Dottie Coyne is a meditation teacher at Deep Spring Center, and a Kripalu Yoga instructor with Inward Bound.

I've been practicing meditation for over thirty years now and have so appreciated finding Barbara Brodsky at Deep Spring Meditation Center, and the wonderful practice of insight meditation, about ten years ago. Moment to moment awareness, the heart of Vipassana meditation, has proven to be a most practical assist in my being able to live more skillfully. This practice of mindfulness informs my every day.

Artist's Way

The Artist's Way with Jill Blixt • 12 Tuesdays beginning May 7, 9:00-Noon or 6:30-9:45 p.m. • The Artist's Way is a proven, powerful process that helps individuals unlock their creativity and authenticity and transform their lives. It is designed for anyone interested in finding their true voice - that part of themselves they know is buried and yearns to be set free. This workshop uses writing, painting, collage, music and image making to explore and reclaim personal creativity. It is for anyone who wishes to create a handcrafted life no matter what form it takes. $30 per week includes brunch or supper and art supplies. Call 665-4577, jillblixt@aol.com.

Vein of Gold with Jill Blixt • 12 Mondays beginning May 6, 6:30-9:45 p.m. • Take the transformative power of The Artist's Way deeper with a process based on Julia Cameron's sequel entitled *The Vein of Gold*. Explore your authentic self and your heart's desires through writing, collage, treasure mapping and many other creative alchemy activities. Come mine your own vein of gold. This workshop is for those who wish to deepen their creative self-exploration. $30 includes supper and art supplies. Call 665-4577, jillblixt@aol.com.

Astrology

Meetings of the Astrology Study Group of Washtenaw County (ASGOWC) with Bon Rose Fine, Coordinator • May 19, June 23, July 28, Aug. 25; 3-5 p.m. • The ASGOWC is an informal and friendly gathering of serious astrology students and professionals who have been meeting since 1994. They use their association for networking, engaging speakers, book recommendations, and astro-babbling (cheerfully chatting about astrology). During their monthly meetings, discussions focus on delineating members' natal charts, reviewing astrological basics, and presenting special reports on matters of interest to astrologers. They have sponsored lectures and workshops presented by notables such as Richard Smoot, Ricki Reeves, Ray Merriman and Priscilla Costello. Astrologers of all levels welcome. No charge. Call 434-4555; bonrosefine@aol.com.

Annual Meeting and Potluck Picnic of the ASGOWC with Bon Rose Fine, Coordinator • Aug. 11, 2-6 p.m. • ASGOWC likes to get together from time to time for food, fun and socializing. All are welcome. Bring a dish to pass. Free. Call 434-4555; bonrosefine@aol.com.

Understanding the Soul's Mission with Ricki Reeves, sponsored by the ASGOWC • June 1, 10-4 with an hour lunch break • The soul incarnates when planetary alignments symbolize the presence of opportunities to follow one's evolutionary journey through transmution of past karma, the perceptual experience of present karma, and the impregnation of future karma. This workshop looks at the natal chart from a karmic perspective to discern the evolutionary intent of the current incarnation. $35 with early registration discount available. Call Bon Rose Fine at 434-4555, bonrosefine@aol.com.

Continuing to Understand the Soul's Mission with Ricki Reeves, sponsored by the ASGOWC • June 2, 10-4 with an hour lunch break • This workshop will center around the analysis of charts, putting into practice the concepts learned in the previous workshop. $35 with early registration discount available. Call Bon Rose Fine at 434-4555, bonrosefine@aol.com.

"What's Going On with Me?": Astrological Cycles of Uranus, Neptune and Pluto with Richard Smoot, sponsored by the ASGOWC • July 14, 3-5 p.m. • The cycles of the outer planets, Uranus, Neptune and Pluto, provide us with rich opportunities for achievement in our personal, spiritual and psychological lives. The passages of these planets can also bring great turmoil in these same areas. Which will it be? Developing and understanding the energy and timing of these guides in the sky can prepare you for their transit and allow you to take advantage of the life changing events they herald. $10. Call 434-4555, bonrosefine@aol.com.

Getting to the Heart of our Solar "Story" with Raye Robertson • May 5, 3-5 p.m. • Feeling scattered? Sometimes in trying to analyze hundreds of astrological factors we forget the primary importance of Numero Uno - our Sun Sign and the core "story" it represents for us. Weaving in elements of Greene and Sasportas' work on the luminaries with my own years of sun-gazing, this session uses fun, accessible examples that address the solar hero's journey we're all on. $10. Call 313-366-0799; rayeroberston@aol.com.

Introduction to the Aspects with Bon Rose Fine • May 16, 23 and 30, June 6; 7:30-9:30 p.m. • This class will provide an overview and basic understanding of the geometrical relationships which exist between planets in a natal chart. We'll cover how to find them, and describe the five Ptolemic aspects (conjunction, sextile, square, trine and opposition) and the major configurations. Participants should have a basic understanding of the signs and planets. $40. Call 434-4555; bonrosefine@aol.com.

Bodywork & Body/Mind Therapies

Rolfing: A Gentle Approach with Leland Austin • June 10, 6-8 p.m. • Often perceived as painful, Rolfing has evolved into a gentler process of unwinding and creating length within the body's myofascial web. Releasing patterns of restriction within the fascia evokes a taller, more graceful body in which inner strength, adaptability, and centeredness replace armoring and tension. A hands-on presentation for interested persons who desire the opportunity to experience a gentler Rolfing touch. Questions and discussion welcome. Free. Call 327-1066 at least 24 hours before presentation.

Alexander Technique: Free Your Movement, Enhance Your Life with Alice Greminger • Thursdays 8 p.m. or Saturdays 2:30 p.m. • Alexander students learn a process of changing how they move, freeing them from tension patterns and regaining freedom of movement, balance and support we all knew as children. Activities as varied as walking, computer work, performing, sports and injury prevention and recovery all benefit from Alexander study. Improve coordination while doing activities, freeing emotion and creativity. $10 per class. Call 665-0849.

Reclaiming Our Body as Sacred at Windrise with Barbara Billey and Patricia St. Louis • May 17 at 6:30 p.m. to May 19 in the afternoon • We will open ourselves to the power of creative movement, Qigong, art, meditation, body release work and journaling. We release, claim and celebrate our body. $199. Call Estela Monjo at 810-678-3290; estela@windrise.com.

Take a Journey into CranioSacral Therapy with Sharon Watlington at Windrise • May 31 in the evening to June 2 in the afternoon • Learn this noninvasive manipulative technique which effects chronic pain, TMJ, colic and much more. $345. Call 586-575-9065; s/watlington@yahoo.com.

***Feldenkrais* Awareness Through Movement with Nancy Denenberg • Wednesdays, May 15-June 12; 5:30-6:45 p.m.** • *Feldenkrais* classes feature slow, gentle movement, rapid improvement and hands-on guidance. See www.feldenkrais.com for more information. First class free. $35 for five-week series. Call 665-3202; nancyd@corsa-inst.com.

The Crazy Wisdom Calendar

Bodywork & Body/Mind Therapies (continued)

The *Feldenkrais* Method (First in a Series of Three) Creating a Learning Environment with Nancy Denenberg through Ann Arbor Institute of Massage Therapy • May 25, 9-5 • The *Feldenkrais* Method approaches the individual as a learner, not as a client or a patient. Promoting active learning will make the effects of your sessions more meaningful, useful and long-lasting. We will experience and practice using language, touch and the physical environment to create opportunities for sensory motor-learning. Because humans have a rich evolutionary history of learning, we will include ancient phylogenetic movement patterns as well as developmental movements and daily functional motions. 7 CEU's. $150. Call 677-4430, fax 677-4520, aaimt@earthlink.com.

Why are you unhappy?
Because 99.9 per cent
Of everything you do
Is for yourself -
And there isn't one.
- Wei Wu Wei

Introduction to Bio-Energetic Healing with Ryan R. Wilson • May 28 or July 30; 7:30-9:30 (July 30 talk at Crazy Wisdom's Community Room) • Explore bio-energetic techniques that can assist you in accessing phenomenal healing on material, emotional, mental, spiritual, astral, etheric, noetic and psycho-noetic planes, inter-temporally and inter-dimensionally and in clearing inherited and contracted miasms. Ryan R. Wilson demonstrates how to clear energy blockages to relieve chronic pain, restore vigor and open to a fuller potential of being. $7 suggested donation. Call Raevan at 975-9429, wuyaodao@aol.com.

Somatic Re-Integration for Lay-Healers with Ryan R. Wilson • July 27 or Aug. 24, 9:30 a.m.-2:30 p.m. • This class is devoted to helping you cultivate your latent powers of healing, present within us all, in order to assist others in their journeys of health and well-being. In our modern society, the familial healer and much of the passed-down medicine wisdom of our ancestors has disappeared as an integral part of the family structure. Through the method of Somatic Re-Integration, we invite you to re-learn simple yet powerful hands-on and intuitive techniques to gently guide your loved ones through transformational healing. $89 includes follow-up dates decided upon by participants. Call Raevan at 975-9429, wuyaodao@aol.com.

Introduction to Trager or Discover Trager with Eileen Dickinson • May 7 or June 10, 7-8:30 p.m. • Introduce yourself to a new way of feeling and moving during this talk/demo on the Trager approach to bodywork and movement education. Learn self-care movements that promote effortless ease and softness in the body and mind. Free. Call 717-4145, edickins@umich.edu.

Free Feldenkrais Method *Awareness Through Movement* Workshop with Katherine Rogers • May 4, 9-Noon • This is a movement re-education method that teaches people how to re-gain freedom of movement and flexibility. The method promotes recovery from and prevention of injuries, particularly repetitive stress injuries. Performers and athletes benefit through increased coordination and more efficient movement. Emphasis is placed on doing only what can be done easily and using visualization for anything that is too painful or difficult. The class is appropriate for all ages and physical conditions. Free. Call 971-5285; rogers@wccnet.org.

Feldenkrais *Awareness Through Movement* Class with Katherine Rogers • Six Mondays, Segment 1: May 6-June 24 or Segment 2: July 15-Aug. 19; 6:30-7:30 p.m. • This is a movement re-education method that teaches people how to re-gain freedom of movement and flexibility. The method promotes recovery from and prevention of injuries, particularly repetitive stress injuries. Performers and athletes benefit through increased coordination and more efficient movement. Emphasis is placed on doing only what can be done easily and using visualization for anything that is too painful or difficult. The class is appropriate for all ages and physical conditions. $10 per class. Call 971-5285; rogers@wccnet.org.

Buddhist Teaching & Buddhist Meditation (Also see "Meditation" Section)

Joseph Goldstein speaking on "Emerging Buddhism in the West" • May 9, 7-9 p.m. • Joseph Goldstein will make a rare speaking engagement in Ann Arbor. All contributions are tax deductible and will benefit the Forest Refuge. $15 suggested donation; $50 for reception following talk (reservations necessary for reception). Call Sandra Berman at 769-9948; saberman@umich.edu.

Newcomers Day at Karma Thegsum Choling • First Sunday of every month • A friendly, basic introduction to Buddhism and Buddhist meditation. Free. Call Analis Quintman or Melissa Bratcher at 761-7495; aaktc@yahoo.com.

Sitting Meditation at Karma Thegsum Choling • Wednesdays, 7:30-8:30 p.m. • Free. Call Analis Quintman or Melissa Bratcher at 761-7495; aaktc@yahoo.com.

Sunday Services at Zen Buddhist Temple • Sundays, Meditation Service 9:30-11 a.m. or Dharma Service 5-6:30 p.m. • Morning meditation service consists of two periods of meditation followed by chanting and a talk. Afternoon dharma service has two shorter periods of sitting meditation, sometimes walking meditation, reflection, chanting and a talk. All welcome. By donation. Call 761-6520; a2buddha@aol.com.

Zen Meditation Retreat at Zen Buddhist Temple • May 4 and June 8, 7 a.m.-5 p.m. • Sitting and walking meditation, simple manual work, vegetarian meals and rest - an interval of silence and mindfulness. $50 includes vegetarian meals. Call 761-6520; a2buddha@aol.com.

Introductory Zen Meditation Course at Zen Buddhist Temple • Five Thursdays beginning May 23 and July 11; 6:15-8:30 p.m. • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself and not the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration and mindfulness practice. $120 or $100 students. Call 761-6520; a2buddha@aol.com.

Buddha's Birthday: A Celebration for the Whole Family at Zen Buddhist Temple • May 18-19 • Everyone is welcome to attend this most festive and important Buddhist holiday celebrating the birth of Sakyamuni Buddha 2,546 years ago. All events take place in the Temple and on the grounds especially decorated for the celebration. Call 761-6520; a2buddha@aol.com.
May 18 • Special Children's Service at 11 a.m.: This is a special service for children with their families and friends, focusing on the traditional bathing of the baby Buddha. Everyone can participate. Refreshments available afterward. **Blessing Service for Children at 12:30 p.m.** by appointment. **Second Annual Buddha's Birthday Poetry Event at 2:30 p.m. Festive Evening Celebration begins at 6 p.m.** Vegetarian hors d'oeuvres and dessert buffet extraordinaire will be served followed by juggler extraordinaire Jonathan Park, and then American Buddhist music.
May 19 • Religious Service: Silent meditation at 9 a.m., service begins at 9:30 a.m. as a time to renew our commitment to the Buddhist path. **Buddhist Movement for Peace and Justice presents World Peace: a talk from David Yamamoto at 1 p.m.** David and his parents were interred by the U.S. during WWII and he has an inspiring message about non-violence, forgiveness, love and peace. **Introduction to Zen Meditation at 3 p.m.**, an informative talk and demonstration held in the meditation hall. **Dedication of Lotus Lanterns and Chanting Service at 7:30 p.m.** All are invited to offer delicate lotus lanterns dedicated to family and friends and all those we care about who need encouragement and love, and for peace and happiness in the world.

Life of the Buddha at Zen Buddhist Temple • July 7, 14 and 21; 11:30 a.m.-2 p.m. • Presentations led by Bopmun Alex Alviar, second year Maitreya Buddhist Seminary student. $10 includes light vegetarian lunch. Call 761-6520; a2buddha@aol.com.

Annual Summer Lecture Series: The Wisdom, Compassion, Tears and Humor of Zen Buddhist Practice at Zen Buddhist Temple • Tuesdays at 7:30 p.m. • Once again we present this popular series of talks by members of our sangha on the realities of Buddhist practice in modern American life. July 9: Three women talk about how they developed an interest in Buddhism, made a commitment to Buddhist practice and how they express their Buddhist practice in their daily lives. This year's presenters are Ch'ajik Jackie Kurtz, Bopmi Jacki Dilley and Kyle Norris. July 16: The men are represented this year by Bophui Ben Darragh, Christoph Heinen and Matt Stockman. July 23: Buddhism and Family Life, presented by Kogi Jenny Ratliff, Lenny Bass and Valerie Mann. $5 suggested donation. Call 761-6520; a2buddha@aol.com.

Overnight Introductory Meditation Course at Zen Buddhist Temple • July 19-20, Friday at 7 p.m. through Saturday at 4 p.m. • This format is primarily intended for out-of-towners, but local people who cannot attend the Thursday evening course or who prefer the overnight retreat are also welcome. $160 includes accommodation and vegetarian meals. Call 761-6520; a2buddha@aol.com.

15th Annual Buddhist Peace Camp at Friend's Lake through Zen Buddhist Temple • July 26-31 • This camp is for families with children of all ages. We emphasize peace, cooperation, mindfulness and fun. A wonderful outdoor experience for parents and children alike, with camping and vegetarian food. For more information, call 761-6520, a2buddha@aol.com.

Guide to Bodhisattva's Way of Life with Rimpoche Nawang Gehlek of Jewel Heart • Ongoing Tuesdays, 7:30 p.m. • These teachings are based upon the text, Guide to the Bodhisattva's Way of Life, by the 8th century author, Shantideva. A bodhisattva is one who has committed her or his entire life to becoming enlightened in order to help all beings become free from suffering. All are welcome. $5 suggested site donation. Call 994-3387, office@jewelheart.org.

Nowhere to Hide: Opening to the Fearful, Rejected and Unacceptable Parts of Yourself Short Course with Aura Glaser of Jewel Heart • May 29 and June 5, 7:30-9 p.m. • The parts of ourselves that we normally turn from with disdain are the very things we need to turn towards with compassion. In the teachings of Buddhism, we are encouraged to cultivate a clear-seeing kindness that is capable of remaining steadfast with whatever arises in our hearts and minds. Only then can we begin to release the painful patterns in our lives. In these two evenings, we will focus on how to develop self-acceptance and open the way to genuine compassion for self and others. $40 or $30 for Jewel Heart members. Call 994-3387, office@jewelheart.org.

Open Meditation Session with Jewel Heart Staff • Ongoing Sundays, 10-11 a.m. • These non-instructive open sessions are available for all those who wish to join with others in sitting meditation. All are welcome. Those desiring meditation instruction may enroll in the Introduction to Basic Meditation course. Donations accepted. Call 994-3387, office@jewelheart.org.

Open White Tara Practice with Jewel Heart Staff • Ongoing Sundays, 11:15 a.m.-12:15 p.m. • These non-instructive sessions are meant to provide a time and place for those wishing to practice guided White Tara Meditation as a group. All are welcome. Those desiring White Tara instruction may enroll in the White Tara Healing Meditation course. Donations accepted. Call 994-3387, office@jewelheart.org.

Odyssey to Freedom Audio Broadcast from New York with Rimpoche Nawang Gehlek of Jewel Heart • Thursdays, 7:30 p.m. • The Odyssey to Freedom was developed by Gehlek Rimpoche and is a point by point structure for meditation on the stages of the spiritual path. It is based on the experience of the Buddha and presented in a way that is fresh and relevant to contemporary American life. $5 suggested site donation. Call 994-3387, office@jewelheart.org.

Lam Rim Teachings with Sandy Finkel of Jewel Heart • May 19, June 30, July 21, Sept. 29; 1:30-3:30 p.m. • The Lam Rim is the essence of all the Buddha's teachings laid out in a step by step fashion. Through analysis and meditation of its points, one develops realistic tools to apply to the challenges of everyday life ultimately directed to the attainment of Buddhahood for the benefit of all. All are welcome. Donations accepted. For dates, call 994-3387, office@jewelheart.org.

Introduction to Buddhism for Adults Course with Hartmut Sagolla of Jewel Heart • July 10, 17, 24, 31; 7:30-9 p.m. • We all seek different kinds of freedom: freedom from conflict, financial pressures, relationships and work that isn't fulfilling. For Buddhists, freedom is a state in which we are freed from negative habits and emotions. This course introduces the basic principles of Buddhism on the path to lasting freedom. $30 or $20 for Jewel Heart members. Call 994-3387, office@jewelheart.org.

Introduction to Buddhism for Young Adults (Ages 12-17) Course with Bruce Conforth of Jewel Heart • June 8, 15, 22, 29; 1-2:30 p.m. • This is a basic course designed to answer questions about Buddha's life as exemplary of the Four Noble Truths, and basic concepts surrounding the practice of Tibetan Buddhism. $20 or $15 for Jewel Heart members. Call 994-3387, office@jewelheart.org.

Tibetan Language for Buddhist Practice with Steve Kronenberg of Jewel Heart • June 8, 15, 22, 29; 3-4:40 p.m. • Designed to teach the Tibetan alphabet and basic reading skills so Buddhist mantras and prayers may be read in their original text. $40 or $30 for Jewel Heart members. Call 994-3387, office@jewelheart.org.

Introduction to Basic Meditation Course with Staff of Jewel Heart • June 2, 9, 16, 23; 1-2:30 p.m. • Meditation is the basis of the spiritual path and the cornerstone for a focused daily life. This course will provide instruction in the basic elements of meditation - breathing, posture, stabilizing the mind, coping with distractions, as well as establishing a daily meditation practice. $40 or $30 for Jewel Heart members. Call 994-3387, office@jewelheart.org.

White Tara Healing Meditation Course with Kathleen Ivanoff of Jewel Heart • Wednesdays, June 12-July 3; 7:30-9 p.m. • Tara is the mother-goddess of Tibetan Buddhism, known for her quick and compassionate activity. She is particularly associated with healing and long life. This course uses visualization techniques relying on the feminine energy of White Tara to overcome physical, mental and emotional suffering. You don't have to be Buddhist to make use of this practice. $40 or $30 for Jewel Heart members. Call 994-3387, office@jewelheart.org.

Friday Night Talks with Jewel Heart • Fridays, 7:30-9 p.m. • Join various presenters as they discuss a wide range of traditional and contemporary issues. Open to the public. $5. Call 994-3387, office@jewelheart.org or www.jewelheart.org.

Insight Meditation Workshops and Retreat through Deep Spring Center • See listings in Meditation section. For information, call Deep Spring Center at 971-3455, info@deepspring.org.

Tomorrow is the most important thing in life. Comes to us at midnight very clean. It's perfect when it arrives and puts itself in our hands. It hopes we've learned something from yesterday.

- John Wayne

Ceremonies, Celebrations & Rituals

Global Healing: Rituals for Healing our Hearts and the Earth with Bronwen Wildflower Gates • May 12 and 26, June 9 and 23; 7:30-9:30 p.m. • These New and Full Moon Rituals, for men and women, are times to gather to invoke and extend peace and love and harmony into our lives. We will practice specific heart-opening and heart-healing rituals, and offer our healing intent to the earth, and to those contexts, personal, national or international, where we perceive the need is greatest at the time. $10 donation recommended. Call 734-424-2744; bronwild@aol.com.

Peruvian Fire Ceremony with Mateyo Empie • May 15, June 19, July 17, Aug. 21; 7:30 p.m. • Join in spiritual community while helping yourself and the planetary consciousness in just three hours. The pure traditions of the Andes Mountains, hidden from the world for more than 400 years, are now accessible. Whatever your previous experience, you can immediately experience a profound level of healing in your life by opening to the love of Pachamama (Mother Earth) and the Deep Self we share with Her children, all life on Earth. We turn over an important issue in our lives to Pachamama, "letting go and letting God", by placing a suitably tuned object into a ceremonially prepared fire. In return, we receive energy that specifically manifests the best that Pachamama can cocreate with us. $27 plus a donation of nonperishable food for a local food drive. Call 663-5505; shamaniccenter.org or snakewillo@aol.com.

Liberation of Life Service and Sangha Picnic with Zen Buddhist Temple • June 22 • An annual ceremony which reminds us of the First Precept (not to harm, but to cherish all life) and of our kinship with all beings, followed by a sangha potluck picnic at nearby Friend's Lake in Chelsea. We will caravan from the Temple at 10 a.m. out to the Lake, and the ceremony begins at 11 a.m. Call 761-6520; a2buddha@aol.com.

Summer Solstice Ritual at Crazy Wisdom with Carol Karr and Friends • Thursday, June 27, 7:30 p.m. at Crazy Wisdom's Community Room • A mid-summer ritual and celebration. Free with pre-registration requested but not necessary. Call Carol Karr at 665-2757 or 717-0559, wintermoon@comcast.net.

Lamas Ritual at Crazy Wisdom with Carol Karr and Friends • Thursday, Aug. 1, 7:30 p.m. • A Lamas celebration and ritual. Free with pre-registration requested by not necessary. Call Carol Karr at 665-2757 or 717-0559, wintermoon@comcast.net.

Channeling

Open House Channeling Sessions with Aaron • May 22, June 5 • Aaron is a "Being of Light," a deeply loving and wise spirit who teaches with humor and compassion. He is channeled throughout the world by Barbara Brodsky, whose home is Ann Arbor. At each weekly session, Aaron will give a talk and there will be a time for questions and answers as well as a social period. Donations accepted. Call Deep Spring Center at 971-3455.

Crystal Clear Expressions Channeling Evening with Nanci Rose Gerler • May 6, June 3, July 1, Aug. 5; 7 p.m. at Crazy Wisdom's Community Room • Psychic Nanci Rose Gerler channels messages of personal empowerment and spiritual guidance for this era of change. Receive inspiration and healing energies from angels and masters, designed to resonate deeply with each in attendance. $15 or donation. Call 996-8799.

A Channeled Evening with Jacob with Judy Crookes • June 19, July 16, Aug. 7; 7-9:30 p.m. at Crazy Wisdom's Community Room • An evening with Jacob is a special time with a wise, gentle, loving and humorous teacher. Jacob is a nonphysical energy who usually speaks to each individual during the course of an evening. They will also give a short talk, take questions and do a guided meditation. $10. Call 913-4927, jacrookes@aol.com.

Channeling Level II with Shala Kilmer • Six Tuesdays beginning June 4, 6:30-9:30 p.m. • You will share your gift nightly with other experienced channels, becoming more confident and masterful. You can channel all the information you need for your own life and for other. Limited to 10. $245. Call 248-258-8287, www.intuititionpath.com.

Finding Your Soul Mate with Shala Kilmer • May 18 and Aug. 24, 10 a.m.-4 p.m. • You will receive a detailed channeled reading describing your soul mate and what you can do to speed the process of meeting. Much more information from channeled sources on soul mating. $120. Call 248-258-8287, www.intuitionpath.com.

Introduction to Meeting Your Spirit Guides with Jewel Shelden • Two-hour class during the week of July 21-26 • You will learn the basics for beginning to contact and communicate with your own spirit guides. Cost is included in retreat fee. For complete information, call Joelene Koenig at 616-428-9368; joelenekoenig@yahoo.com.

Childbirth

Holistic Childbirth Preparation with Patty Brennan of The Holistic Midwifery Institute • Tuesdays, May 14-June 18 or July 2-Aug. 13; 7-9:15 p.m. • Share in a midwife's experience with normal birth. Six-week series prepares woman and her partner for birth at home or in the hospital. Parents are encouraged to focus on prevention and wellness and make informed choices. Suggestions regarding the safe use of herbal, homeopathic and other natural therapies included. $175 per couple. Call 663-1523, patty@holisticmidwifery.org or www.holisticmidwifery.org.

Doula Skills Training and Certification with Patty Brennan of The Holistic Midwifery Institute • June 20-23, Thursday 6-10 p.m. and Friday-Sunday 9-5; or Six Thursdays, May 9-April 13, 6-10 p.m. • Become a Professional Birth Assistant. This class prepares you to provide sensitive, knowledgeable and skillful care as a doula in hospital, birth center or home birth settings. Topics include labor support strategies, holistic therapies for doulas, labor massage, essential communication and advocacy skills, breastfeeding support and more. Benefit from association with an established local Doula Referral Network. No previous medical training required. $350 with early payment discount available. Call 663-1523, patty@holisticmidwifery.org.

Homeopathy for the Childbearing Year with Patty Brennan of The Holistic Midwifery Institute • July 13, 9-4 • Learn to use homeopathy effectively throughout the childbearing year. The session will begin with an explanation of the fundamental components of this healing system. We will discuss the Law of Similars, the Law of Potentization, casetaking strategies, and dosage recommendations. Patty will lecture on the most prominent remedies in midwifery practice and describe how the various symptom pictures can manifest during pregnancy, labor and birth, and postpartum for both mom and baby. Appropriate for beginning to advanced students. $100 includes book with early payment discount available. Call 663-1523, patty@holisticmidwifery.org.

The Crazy Wisdom Calendar

Childbirth (continued)

Holistic Postpartum Care and Breastfeeding Counseling with Patty Brennan of The Holistic Midwifery Institute • Aug. 11, 9-5 • Class focuses on holistic support measures for breastfeeding mothers and their babies. Emphasis will be placed on the use of herbs, homeopathic remedies, flower essences and more to speed the normal course of postpartum healing and to troubleshoot special concerns. Appropriate for doulas, midwives and any professional who works with new mothers and their babies. $100 with early payment discount available. Call 663-1523, patty@holisticmidwifery.org.

Chronic Illness & Chronic Pain

Workshop on Coping with Chronic Illness and Pain with Erica Sutton of Wellspring Counseling • 3 weeks offered bi-monthly, 1 1/2 hours each week • This 3-part workshop is open to anyone dealing with a chronic illness or pain such as arthritis, lupus, MS, back pain, fibromyalgia or chronic fatigue. Family members welcome. This workshop provides skills in managing chronic illness and pain. It is designed as an educational series with an opportunity to identify personal goals and establish a plan for the future. $33 per class with early payment discount offered. Call 677-3056, eldutton@wccnet.org.

Complementary Medicine

Which Tumors Respond Best to Treatment with Anthroposophical Medicine? with Quentin McMullen through U of M CAM Research Center • June 12, Noon • Free. Call 998-7715.

Research Your Passion in CAM: A Skills-based Course for CAM Practitioners with Rita Benn and Suzanna M. Zick • Course begins Sept. 6; applications due July 1 • A seven-week course designed to teach CAM practitioners how to take an idea for a research study and transform it into a formal grant proposal. CAM practitioners will gain skills about the basics of research including study design, critical evaluation of research literature, statistics, and writing research questions. $100 Part I; $75 Part II. Contact szick@umich.edu.

CSAM Summer Therapeutic Retreat with Community-Supported Anthroposophical Medicine (CSAM) • July 21-Aug. 4 • This is an intensive therapeutic retreat for ambulatory individuals who will benefit from anthroposophical medical treatment, including nursing, artistic and physical therapies. Typical illnesses include cancer recovery, chronic fatigue, fibromyalgia, arthritis, back pain, digestive problems, asthma, and chronic heart disease. Individuals may apply directly or be referred by their physician. $2,600-$3,600 depending on single, double or triple occupancy. Call Andree at 677-7990; csammed@earthlink.net.

Creativity

Dancing with the Muses: Igniting the Fires of Inspiration with Jill Blixt • Terpsichore: The Muse of Dance on May 4, 10-3:30; Thalia: The Muse of Comedy on June 9, 10-4; Melpomene: The Muse of Tragedy on July 14, 10-4 • The Muses - they have been written about and referred to for centuries, but who are they and how do we access their fires of inspiration and creativity? This workshop series will focus each month on a single one of these nine archetypes over the course of 2002. Come dance with these muses. Learn what they teach. Bring their gifts into your daily life. We will write, make masks and explore our relationship to each muse in turn. Come for one or the full series. $75 includes lunch and materials. Call 665-4577; jillblixt@aol.com.

Dreams & Dreamwork

Archetypes and Dreams with Nancy Ann Tappe through Gateways Center for Life Enrichment • May 17, 7-9 p.m. and May 18-19, 10-6 • Join Nancy in this lively and interactive workshop experience. Discover what is hidden in your dream images, and learn to interpret their powerful messages. $90. Call 677-8889.

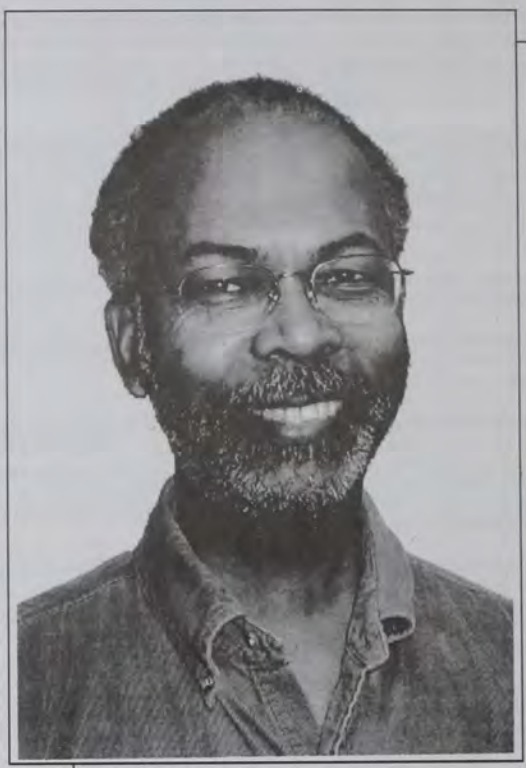
Dream Group with Rebecca Mullen • Mondays, 7 p.m. • There is a sharing of dreams and a recognition of their symbolic meaning, transforming the linear model of reality. Each dream has personal and general meanings, hence everyone can participate in the dreams of each participant. $5 per session. Call 662-5925.

Drumming

Drummunity Circles: Community Drum Circles led by Lori Fithian • June 18, July 24; 7 p.m. at Crazy Wisdom's Community Room • Community drum circles for everyone. No experience or drum needed. Send email to be added to the list to find out when the next circle is. For cost, call 734-426-7818, lfith@yahoo.com.

Womyn's Drum Circle/Class with Lori Fithian • Ongoing Mondays, 7:30-9 p.m. • Learn to play hand drums and percussion and get in touch with your rhythmic spirit! $10 each night. Call 734-426-7818, lfith@yahoo.com.

Like Water Youth Drum Camp with Ryan Edwards • June 17-21; 3rd-6th grades, 8:30-11:30 a.m.; 6th-8th grades, Noon-3 p.m. • Learn drumming in a fun, educational and community setting. Basic technique, rhythms and above all, lots of fun will be covered. $90 per student. Call Like Water Drumworks at 475-3158, www.likewaterdrumworks@hotmail.com.



Michael Bratcher is a massage and polarity therapist, and an energy healer.

My great delight in bodywork comes from the creativity of synthesizing all the approaches to bodywork that I have studied over the past eight years. A session brings to focus my life-long pursuit of spiritual development, and fulfills my need to serve the larger evolving mystery that may be called God.

Like Water Djembe and Dunun Class with Ryan Edwards • Ongoing Thursdays, 7-8:30 p.m. • Ego-free, inspirational and informational. We really try to learn these rhythms, often often spending weeks on once specific groove. Geography, history, folklore and cultural references also provided. $10 per class. Call Like Water Drumworks at 475-3158, www.likewaterdrumworks@hotmail.com.

Ubaka Hill Drumsong Workshop with Ubaka Hill • May 4, 10 a.m.-5 p.m. • Don't miss this opportunity to be with one of the most vibrant percussionist/performance artists of our times. Ubaka will call your drumsongs forth, drawing from traditions as well as your core being. You'll come away with knowledge, better drum technique, re-energized and inspired. $50-$85 sliding scale. Call Judy Piazza at 248-656-1071; jpiazza@igc.org.

Frame Drum Circles/Rhythm and Song Circles with Judy Piazza • New series beginning late Spring/Summer • Explore the fascinating world of drums, rhythm and song! The frame drum series will focus on tar (North African drum) and riq (Egyptian tambourine). In the Rhythm and Song circle, we focus on style and techniques on djembe, drawing from world traditions as well as our own spontaneous playing. $75-$120 sliding scale for six sessions. For dates and times, call 248-656-1071.

African Rhythm Workshop with Paul Militello of Rhythm Family Percussion • Ongoing Mondays, DunDun Class at 6:30, Djembe and African Hand Drumming at 7:30 • DunDun class focuses on DunDunba, Sanghan and Kenkeni foundations of the djembe orchestra, the rhythms of the Mother Earth. The Djembe and African Hand Drumming is incorporated, forming a supportive circle and musical environment, learning and journeying together on the drum. Drums are available. Students may take classes individually or together. $10 per class with drop-ins welcome. Call 669-5582.

Introduction to Conga Drumming with Paul Militello of Rhythm Family Percussion • Ongoing Sundays at 7 p.m. • Afro-Cuban, Haitian and World Beat influence. Learning and journeying together on the drum. Drums available. No experience necessary. $10 per class with drop-ins welcome. Call 669-5582.

Beginners Hand Drum Workshop with Paul Militello of Rhythm Family Percussion • Ongoing Tuesdays, 7:30-9 p.m. • Students will explore a variety of drumming traditions, learning basic technique, spots in time, hand positions and a simple method of translating rhythm. "If you can say it, you can play it." $10 per class with drop-ins welcome. Call 669-5582.

Esoteric Anatomy & Energy Healing

Drop-In Energy Somatics and Therapeutic Bodywork with Valerie Snowdon at Crazy Wisdom's Tea Room • Fridays, Noon-3 p.m. • "There is, coming into the world today, a new wisdom. It is our own wisdom of our bodies and our spirits. Working thru intuition I have tapped into a new wisdom and found a way of easing pain and initiating deep healing which I call Subtle Energy Somatics." A simple technique requiring no special equipment nor any effort on the part of the client. An effective session often takes only a few minutes. $1 per minute. Call 665-2757.

Listen To Your Body: You Can Heal Your Life with Bronwen Wildflower Gates • May 29, June 5 and 12; 7-9:30 p.m. • Learn to tune into your body and "read" its messages through body scanning and imaging. Discover both the wisdom and the willingness of your body to be your ally and your friend. Explore the non-verbal language of your body, and meet your inner healer. Learn to engage your inner healer and your self healing ability to create change in your life. $75. Call 734-424-2744, bronwild@aol.com.

Healing Essentials with Ray O. Golden of Center for Intuitive Health • Five Wednesdays beginning May 1, 7-9:30 p.m. • This workshop provides powerful and subtle healing and processing techniques to complement energy healing techniques. It is beneficial for working with others and for doing your own personal work. These are techniques that I use on both myself and with clients to complement the Reiki energy work. It can also be very useful for both your own personal healing and work with others. New material has been added for this class, drawing on the works of Dennis Adams, Gabriel Cousens, Olga Misserva and Brenda Morgan. Class will include opportunities to practice and experience the techniques. Topics include clearing and removing energies and psychic objects, self care, integrating and processing techniques, structure of sessions, preparation and setting the energy of the room, table-side manner, pendulum and dowsing, muscle testing, and the zero point process. $150 or $75 if you are repeating. Call 663-9724; intuitivehealth@aol.com.

Chakras, Kundalini Awakening and After with Ema Stefanova • Saturday, 3-6 p.m.; date to be announced • This workshop will cover kundalini physiology, methods of awakening, preparing for awakening, diet, risks, evolution through the chakras and kundalini yoga practice. Beginners as well as experienced practitioners welcome. For cost, call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

Aura Cleansing Demonstration/Lecture with Jewel Shelden and Sandy Kaye • May 3, May 31, June 13; 7:30 p.m. • Cleansing the aura of negative influences can be especially beneficial for anyone who is trying to lose weight, quit smoking or drinking, overcome depression or quit dependent relationships. $5. Call Jewel at 998-0604 or Sandy at 996-1236; jesheldon@hotmail.com.

Gem Therapy/Color Therapy with Linda L. Brake at Ageless Wisdom • June 15, 10-11:30 a.m. • Learn how this ancient healing is used today in India, which is different than practiced in America. An in-depth explanation of the chakras and their colors, as taught in India, will be given, as well as their impact upon endocrine system, causing disease. There will be a demonstration on how negative thoughts influence the chakras. Following the class will be individual one-hour appointments dowsing with a radiothesiology machine checking each chakra for excess or deficiency. Seven different planes will be dowsed to find the seat of disease or disruption. You will receive your own homeopathic gem tincture, custom formulated to your body's energy and color. You will be given two affirmations and a mantra particular to you. $10 class and $40 one-hour appointment. Call Rose M. Beres at 734-207-5310.

Esoteric Healing Level II with Laurie Akerros • June 22-25, 9-6 daily • All life is energy vibration at different frequencies. Esoteric healing is taught worldwide and helps the student learn skills to work with the energetic body, the physical/etheric, the emotional body, the mental body, the soul (or causal) body, and spirit. $295. Call 995-2719.

Exercise & Fitness

Kegels Plus: A Monthly Pelvic Floor Exercise Class with Nancy Denenberg • June 2, 1-3 p.m. • Kegels are especially helpful during the child-bearing year and for issues and surgeries related to incontinence, sacro-iliac (S-I) pain and lower back pain. We will discuss the anatomy and physiology of the pelvic floor, how best to exercise and relax these muscles in isolation and combined with other exercises, and home practice strategies. $25. Call 761-1514; nancyd@corsa-inst.com.

Pilates Demonstration with Khita Whyatt • Presentations: May 10, June 7, 28, Aug. 2, 7:30-8:30 p.m. • The Pilates Method of exercise creates a deep sense of body awareness through which one can mindfully explore, educate and effect change in the body both functionally and aesthetically. One can become strong, supple and energized without mindless repetitive and potentially injurious movement. Discussion, demonstration and the opportunity to experience the technique on the floor as well as the apparatuses. $5 for presentation. Ongoing mat classes are $15 each and ongoing Reformer classes are $25 each. Discounts offered with a class card. For complete information, call 913-9046; coregracepilates.com.

Rhythmic Aerobics with Sandy Pierani and Musicians Kofi Ameyaw and Matthew Bell • Tuesdays at 7:30 p.m. • Basic West African dance movement incorporated into an aerobic format. The class is designed to challenge your cardiovascular system while helping to shape your body, mind and spirit. $10 per session or $8 for students. Call 484-3407, spierani@hotmail.com.

Walk and Run Club for Women with St. Joseph Mercy Hospital Staff • Six Tuesdays: June 11, 18, 25, July 9, 16, 23; Six Saturdays: June 15, 22, 29, July 13, 20, 27 • Get in shape for a walk-a-thon or general good health by joining our new walking and running group. Professional medical personnel will attend once a week classes and provide mini-learning sessions to help you get the most from your workout. $35 for six-week session. For times, call Sandie Schulze at 712-5400 or 800-231-2211.

Fantasy Art

A Mythical journey to a world of magic and enchantment with Fantasy Watercolorist Jessica Galbreth at Crazy Wisdom Meeting Room • June 29, 11 a.m. - 5 p.m. • Fantasy art featuring faeries, goddesses, medieval legends, dragons, unicorns, mermaids, Celtic myth and more! Browse her gallery showing; meet the artist, purchase prints, originals, and other enchanting gifts. For more information, call Carol Karr at 665-2757.

Fathers & Fathering

Boot Camp for New Dads through St. Joseph Mercy Hospital • Roderic Collins teaches May 4, 9-Noon or Michael Fuller teaches June 13, 6-9 p.m.; July 13, 9-Noon; July 20, 9-Noon; Aug. 24, 9-Noon • This class is designed for first time fathers of all ages! You will get hands on experience in holding and comforting a baby. Taught by men. $25. Call Sandie Schulze at 712-5400 or 800-231-2211.

Feng Shui

Feng Shui and Architectural Styles with Wendy Warrick • May 6, 7-9 p.m. • This class will cover the variables related to new construction and existing structures. We'll talk about the impact of various architectural elements and styles, site selection, and the impact of the natural elements. Using 5 Element Theory we'll assess the site, structure and surrounding buildings to determine the probability for health, happiness and prosperity. $30. Call 913-9619.

Enriching Personal Chi and Body Image through the Feng Shui of Clothing with Wendy Warrick • June 12, 7-9 p.m. • What clothes or clothing styles best activate your personal chi or life energy? How can you use color in your wardrobe to raise the chi in your daily life, thus helping you to feel better? Using the 5 elements theory and my intuitive abilities with color and style we'll come up with a personal style for each participant. $30. Call 913-9619.

Feng Shui for Health and Healing with Wendy Warrick • Aug. 14, 7-8:15 p.m. • Discover how Feng Shui can be used as a complementary avenue to understanding and enhancing your health and well being. Visualizations, Feng Shui cures and other tools will be shared. $20. Call 913-9619.

Feng Shui Basics with Lynn Meadows • May 22 or Aug. 6, 7-9 p.m.; or Aug. 3, 10-Noon • Create harmony in your space to promote harmony in your life through this ancient art of placement and design. Participants will leave with an understanding of Feng Shui principles (Yin, Yang, Chi and Tao). Based on self-identified goals, each participant will also receive 3 Feng Shui adjustments to implement in their home or office. $30 with discounts offered. Call 433-9102, lynnmeadows@provide.net.

The Feng Shui of Fabrics for Interiors and Fashion with Lynn Meadows • May 29, 7-9 p.m. • Discover how the ancient art of Feng Shui can aid you in the selection of fabrics to enhance your environment and support your apparel choices. Feng Shui looks at the 5 element and yin/yang qualities of an existing situation and makes adjustments to create a balance that can achieve harmony (Tao). Fabrics are an easy way to alter an unbalanced (uncomfortable) environment or create an ensemble that is appropriate for your unique character and personality for specific occasions and purposes. $30 with discounts offered. Call 433-9102, lynnmeadows@provide.net.

Feng Shui in the Garden with Lynn Meadows • May 30, 7-9 p.m. • The ancient art of Feng Shui can help you create living natural surroundings that will feed your heart and soul, help you gain and retain a perfect state of health as well as provide space in which you can achieve your highest goals. Learn about plants that can eliminate toxins in your environment, awaken your senses and invite your presence in a way that will delight and satisfy the human need to be with nature. $30 with discounts offered. Call 433-9102, lynnmeadows@provide.net.

Feng Shui Beyond Basics with Lynn Meadows • Aug. 4, 1-5 p.m. • Having some knowledge of the basics of the ancient art of Feng Shui, explore some of the finer points to promote harmony in your life through the creation of harmony in your environment. Learn how to balance the elements in your surroundings and to activate energies which can change the quality of your life. Each participant will receive an analysis of a room of their choice with Feng Shui recommendations to implement in that space. $60 with discounts offered. Call 433-9102, lynnmeadows@provide.net.

Flower Essences

The Use of Flower Essences in Women's Health through the U of M CAM Research Center with Ian White • May 8, Noon • The use of flower essences for various health conditions. Free. Call 998-7715.

Fundraisers and Silent Auctions

CSAM Fundraising Gala: Dream to Reality with Community-Supported Anthroposophical Medicine (CSAM) • May 17, 7-11 p.m. • Dinner and silent auction at the Michigan Union to benefit the Rudolf Steiner Health Center. Black tie optional. Visit us on the web a www.csamwebsite.org. $100 or $75 for Patient Organization Members. For tickets, call Linda Britt at 994-3745. For information, call Moira at 677-7990; csammed@earthlink.net.

The Crazy Wisdom Calendar

Fundraisers and Silent Auctions (continued)

The "Love Makes a Family" Concert with LaRon Williams, the Chenille Sisters, Jeanne Mackey & Friends • July 21, 2 p.m. at EMU's Pease Auditorium in Ypsilanti • An uplifting, engaging concert for the whole family featuring gifted African American storyteller LaRon Williams, Emmy-award-winning Chenille Sisters, and whimsical singer/guitarist Jeanne Mackey and friends. Proceeds will benefit the Ypsilanti Campaign for Equality, a group helping to defend Ypsilanti's inclusive non-discrimination ordinance, which faces electoral challenge in November. Come show support for all families! $15 for individuals, $30 for families, $7 for children ages 3-12, free for children 2 and under. Call 483-6420; jmackey50@yahoo.com.

Annual Great Green Yard Sale at Zen Buddhist Temple • Aug. 31-Sept. 2 • This popular recycling sale offers furniture, household items, books, etc. which are ideal for students furnishing rooms or apartments for the new school year. The furniture includes couches, chairs, desks, mattresses, chests of drawers, tables, desks and more. Many of the items were donated by local property management companies and have been fixed and cleaned by Temple members and friends for re-sale and re-use. No early arrivals, please. Saturday 9-5, Sunday Noon-5, Monday 9-5. Call 761-6520; a2buddha@aol.com.

Graphology

Graphology: Handwriting Analysis with Jewel Shelden • July 21-26 at Great Lakes Retreat • This ten-hour class (two hours daily) will clearly introduce the basics of handwriting analysis, as well as covering many of the subtle details. Cost included in retreat fee. For complete information, call Joelene Koenig at 616-428-9368; joelenekoenig@yahoo.com.

Healing

Claiming the Healer Within: A Return to Your Indigenous Self Apprenticeship Program Information Meeting with Bronwen Wildflower Gates • May 9, 7 p.m. • Come to this information meeting about this individualized apprenticeship program, for anyone who longs to reclaim the healer within. Do you want to become more skilled at reading the sacred text that is your body and life? Do you want to develop a partnership relationship with Nature and learn how to use her gifts of plants for nourishment and healing? Apprenticeship goes beyond learning: the shared goal will be for you to learn how to be your wise, skilled indigenous self, fully embodied in your power. Free. For packet of information, call 734-424-2744, bronwild@aol.com.

Spiritual Healing and Meditation with Dan Kinzinger • Sundays, May 5-Aug. 25 at Noon in Crazy Wisdom's Community Room • Dan Kinzinger offers a silent healing meditation for those present and for individuals at a distance. Following the group meditation, Dan leads individual spiritual healing for those who request it. Donation. Call 734-367-9124.

24-Hour World Healing Peace Circle with Craig Harvey • June 14 at 6 p.m. through June 15 at 6 p.m. • Stop by for 30 minutes or more anytime in this 24-hour period to join in silent prayer or mindful meditation focused on world peace, forgiveness, cooperation, and joy. The idea is to keep the loving intention of the vigil going continuously for 24 hours as individuals come and go. Free. Call 971-8576; harveyearth@yahoo.com or perpetualhealing.net.

Herbs, Plants & the Garden

Herbal Wisdom Series: Your Free Lunch: Wildcrafting with Linda Diane Feldt sponsored by People's Food Coop • May 7, 7:30 p.m. at Crazy Wisdom's Community Room • Learn how to enjoy the most abundant buffet - served up free of charge by Mother Earth. Discover wild edibles and how to responsibly and safely collect them from their native environment. Free. Pre-registration required by calling Laura at 994-4589; pfc@izzy.net.

Herbal Wisdom Series: Animals and Herbs with Linda Diane Feldt sponsored by People's Food Coop • June 4, 7:30 p.m. at Crazy Wisdom's Community Room • Animals give us unconditional love and companionship - they deserve the best care! Learn how to maintain animal health and address some common health problems with herbs. Free. Pre-registration required by calling Laura at 994-4589; pfc@izzy.net.

Herbal Wisdom Series: Terminal Illness and Life Threatening Disease with Linda Diane Feldt sponsored by People's Food Coop • July 2, 7:30 p.m. at Crazy Wisdom's Community Room • Come discover how herbs can ease suffering and promote healing. Free. Pre-registration required by calling Laura at 994-4589; pfc@izzy.net.

Herbal Wisdom Series: Integrating Herbs with Conventional Medicine with Linda Diane Feldt sponsored by People's Food Coop • Aug. 6, 7:30 p.m. at Crazy Wisdom's Community Room • Curious about herbs interacting with pharmaceuticals? Learn how to use the healing powers of herbs in your conventional medicine regimen. Free. Pre-registration required by calling Laura at 994-4589; pfc@izzy.net.

The Mystery and Magic of Plant Biology with Bronwen Wildflower Gates • May 18, 9 a.m.-12:30 p.m. • Learn botany as you've never experienced it before - from the inside out. You will enter the mysteries of plants, explore them deeply and directly, and learn their secrets first-hand. This is an introduction to a longer botany course that is for anyone who wants to deepen their understanding of plants. $45. Call 734-424-2744, bronwild@aol.com.

Michigan's Medicinal Plants... Spring with Jim McDonald • May 19, 11-6 at Upland Hills Ecological Awareness Center • Join herbalist Jim McDonald as he shares the traditional medicinal uses of the many common "weeds" we pass by everyday. Information covered will be both practical and specific, based on Jim's eight years of collecting, preparing and using herbal remedies, and provide a solid foundation for the appropriate use of herbs. As always, new plants will be covered and old information updated to make this class rewarding to first time and returning participants alike. In addition to information on this plants discussed, ethical harvesting techniques, herbal preparations, toxicity, resources and recommendations for further study are covered in the plethora of handouts that come with the event. $30 or $25 in advance. Call 248-737-3589; multiflorum@hotmail.com.

Evening Herb Study Group of U of M Matthaei Botanical Gardens • First Monday of each month, 7-9 p.m. • Each month a different herb-related topic is presented by an authority on herbs. Topics and presenters range from culinary, gardening, cultivating and medicinal. Herb related topics range from growing, herbs, culinary uses, medicinal uses and many others. Membership at the gardens is required. $45/year garden membership and $10/year for herb study group membership. Call J. Schellhaas at 449-2334, H. Leland at 734-459-8454 or Botanical Gardens at 998-7060.

Holistic Health

Aging Gracefully with Michele Loewe • June 11, 7 p.m. at Crazy Wisdom's Community Room • Learn several of the theories and causes of aging, and discover natural solutions to maintaining your health in your golden years. Free with pre-registration required. Call Laura at People's Food Coop at 994-4589, pfc@izzy.net.

Guidelines for a Healthy Heart with Michele Loewe • Aug. 20, 7 p.m. at Crazy Wisdom's Community Room • These days, it's easy to stress your heart with a modern lifestyle and convenience foods. Learn how to nourish and protect your heart with herbs, homeopathics and good nutrition! Free with pre-registration required. Call Laura at People's Food Coop at 994-4589, pfc@izzy.net.

Options for Healthier Living Seminar with Cindy Klement • May 18, June 9, July 14, July 20, Aug. 25; 8 a.m.-4 p.m. • With over 2,500 clients and attendees to my lectures and classes now also numbering well into the thousands, I bring my experiences with teaching and healing to a new full-day seminar for creating optimal health. Information to be presented will have a strong focus on herbs, food choices and valuable yet practical techniques for choosing which options for better health will suit your lifestyle and needs. Also included will be information on iridology, muscle testing, aromatherapy and other supplementation. A detailed flyer will be mailed upon request. Personal assessment materials, which are also provided, must be completed prior to class. $225 includes all booklets, materials and supplies. Bring a bag lunch. Call 975-2444.

Learn How to Muscle Test with Darren Schmidt • May 28, June 25, July 23 or Aug. 27; 7-8:30 p.m. • Have you ever wondered if a food or supplement is good for you? Do you want to learn how your body reacts to your emotions or environment? Find out through muscle testing. It's simple and fun; anyone can learn it! The information you gain from muscle testing is invaluable. $35 for one session. Call 302-7575, drschmidt@wholisticdoc.com.

Hypnosis

Clinical Hypnosis Institute with Cheryl A. Beshada and Frank Garfield • Module 1, The Fundamentals of Hypnosis begins May 11, 9-5 • This 46-hour course if the first in a series of three modules that leads to board certification as a Hypnotherapist. The Fundamentals of Hypnosis includes instruction for stopping smoking, weight loss, self hypnosis and much more. Clinical Hypnosis Institute is the only state licensed school in Michigan that includes supervision with actual clients at our well established hypnosis clinic. $695. Call toll free 866-939-7676; www.hypnosisworkshop.com, frankgarfield@msn.com or cbeshada@hotmail.com.

Introduction to Self-Hypnosis, Level I with Rose Beres through Gateways Center for Life Enrichment • May 8 and 15, 7-9 p.m. • In this class, we will learn and practice basic techniques for deep relaxation and attaining the self-hypnotic state. $45 for two classes. Call Rose at 734-207-5310 or Gateways at 677-8889.

Introduction to Self-Hypnosis, Level II with Rose Beres through Gateways Center for Life Enrichment • June 12 and 19, 7-9 p.m. • This class expands on the techniques learned in Level I, to learn a template for using these techniques effectively for various self-enrichment purposes such as smoking cessation, weight loss and stress management. $45 for two classes. Call Rose at 734-207-5310 or Gateways at 677-8889.

Infant Massage

Infant Massage Classes with Audrey Simon • New classes begin monthly • Four-week class to learn the benefits and methods of interactive massage according to baby's individual needs. The purpose of this class is to enhance loving communication and bond between baby and caregiver. $85 includes handbook, bottle of oil and handouts. Call 741-9706; audreysimon@aol.com.

Photo by David Lawson

Linda Lawson is a psychotherapist who has been working with children and their families for over 15 years. She is also a free-lance photographer, and responsible for most of the photos which have appeared in *The Crazy Wisdom Calendar* over the last five years.

"To help a child work through an issue that is causing him or her pain, and become a stronger, more resilient person is very rewarding for me. When I see a child shift from carrying a heavy emotional burden to becoming a carefree and playful kid, my inner child cheers. To top it off, in what other job can you spend an hour finger-painting and building castles with Lego's?"

Intuitive Awareness & Psychic Development

Drop-In Intuitive/Psychic Readings with Diane Evans in the Crazy Wisdom Tea Room • Saturdays, 2-5 p.m. and second and fourth Thursdays of the month, 8-10 p.m. • $1 per minute. No appointment necessary. Call 327-9568, evnsd7@aol.com.

Accessing Inner Guidance with Bronwen Wildflower Gates • May 10, 17, 24; 10:30 a.m.-12:30 p.m. at Crazy Wisdom's Community Room • Guidance is the abundant help available to you from your internal resources as well as from the external world that reflects back to you your internal landscape. You will learn about oracles, how to dowse and use kinesiology; you will practice developing effective questions so you can get meaningful answers, and you will learn to distinguish blind trust from inner knowing, and explore how your beliefs impact the answers you receive. $55 per series. Call 734-424-2744, bronwild@aol.com.

Psychic Protection and Energy Hygiene with Bronwen Wildflower Gates • May 31, June 7, 14; 10:30 a.m.-12:30 p.m. • We live in a world of energy and this unseen energy that you generate and encounter has profound impact on your experience of life. You will learn what psychic protection is and is not, and how to protect yourself by seeing self as source. You will learn practices and visualizations for energy cleansing of yourself and your space, and you will learn about energy hygiene, and how to be proactive in maintaining the self as sacred space. $55 per series. Call 734-424-2744, bronwild@aol.com.

Developing Your High Sense Perception with Lucinda Kurtz • June 5, 7-9:30 p.m. at Crazy Wisdom's Meeting Room • Learn to expand your usual sensory perceptions beyond the normal five senses of sight, touch, taste, hearing and smell. Develop heightened means to access information. Identify which of your sense is the most acute. $30. Call 665-9160; lindakurtz@aol.com.

Essence Point Psychic Reading Practice with Anita McKay • May 9, June 13, July 11, Aug. 8; 7:30-9 p.m. • Essence Point offers a supportive environment for practicing psychic/intuitive skills. Practice is specifically designed for those who have taken a class from John Friedlander, studied with a teacher who teaches his system or intend to take a class and have read *Basic Psychic Development: A User's Guide to Auras, Chakras and Clairvoyance* by John Friedlander and Gloria Hemsher. Donations accepted for Essence Point. Call 741-0478, mckays@concentric.net.

Intuitive Awareness 1: Awareness and Intuitive Self Healing with Ray O. Golden of Center for Intuitive Health • July 13 and 14, 10-5 • Learn simple and powerful techniques to begin to perceive, ground and heal your psychic and emotional space, aura and chakras. These tools allow you to do personal healing while developing your intuitive perception. You also learn to communicate with both your own and others' God-of-the-Heart (Higher Self), and to do readings from that level. Also Preparation for Animal Communication. $139 with discounts offered. Call 663-9724, intuitivehealth@aol.com.

Intuitive Awareness 2: Deepening Awareness and Skills with Ray O. Golden of Center for Intuitive Health • May 4 and 5 or Aug. 17 and 18, 10-5 • Continue to develop your intuitive perception, do personal healing and learn to recognize and heal layer and boundaries of the aura and out of body chakras. Connect with one of your healing guides to communicate and do healings. $149 with discounts offered. Call 663-9724, intuitivehealth@aol.com.

Intuitive Awareness 3: Putting It All Together with Ray O. Golden of Center for Intuitive Health • May 18 and 19, 10-5 • Read auras and do professional quality clairvoyant readings. Learn to communicate directly with guides. Prerequisite Intuitive Awareness 1 and 2. $169 with discounts offered. Call 663-9724, intuitivehealth@aol.com.

Intuitive Awareness 4: Channeling with Ray O. Golden of Center for Intuitive Health • Time and date TBA • Learn to safely become a conscious channel using a technical system as your foundation. For cost, call 663-9724, intuitivehealth@aol.com.

Kids & Young Adults

Yoga for Moms/Dads with Little Ones with Ema Stefanova • Thursdays, 10:30 a.m. • This class includes postures, breathing techniques and relaxation focusing on the parents. Fun atmosphere for the kids. For cost, call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

Harmony of Energy for Youth Ages 7-10 with Wasentha Young of Peaceful Dragon School of Tai Chi Chuan and Chi Kung • 4 Mondays, April 22-May 13; 4:30-5:30 p.m. • Chi Do (Harmony of Energy) for Youth is designed by Wasentha Young and includes the relaxation and martial application methods of tai chi chuan, use of imagery, meditation, breathing exercises and self-acupressure to achieve the harmony and integration of the mind/body/spirit. $50 with early registration discount available. Call 741-0695; www.peacefuldragonschool.com.

A Heart to Heart Conversation for Mothers and Daughters on Puberty and Growing Up with Toby Jacobowitz and Rochelle Kostant through St. Joseph Mercy Hospital • June 15, 1-5 p.m. • For complete description, see listing under Mothers & Daughters.

The Labyrinth

Veriditas Invites You to the Theater of Enlightenment with Dr. Lauren Artress through Weber Center • Sept. 13, 7:30 through Sept. 15, 1 p.m. (We have included this special listing in this issue so that interested prospective attendees can make plans to attend. Our next issue comes out in late August.) • Through the Theater of Enlightenment, Dr. Lauren Artress offers a broader format for a profound labyrinth experience. Presentations will be directed toward inner exploration and discovery that open up our imaginations and provide access to the Spirit. For cost, call Grace Cathedral at 415-749-6358, fax 451-749-6357, pamelao@gracecathedral.org or www.gracecathedral.org/labyrinth. Or contact Weber center at 517-266-4000, fax 517-266-4004, webercenter@admc-op.org.

Labyrinth Facilitator Training with Dr. Lauren Artress through Weber Center • Sept. 16, 9 a.m. through Sept. 17, 5 p.m. (We have included this special listing in this issue so that interested prospective attendees can make plans to attend. Our next issue comes out in late August.) • This two-day intensive workshop will prepare you to introduce the labyrinth to others in a clear and effective way. The workshop is intended for those who have an ongoing relationship with the labyrinth, experience in leading small groups and a vision of how they would like to use the labyrinth in their life's work. An application is required. For cost, call Grace Cathedral at 415-749-6358, fax 451-749-6357, pamelao@gracecathedral.org or www.gracecathedral.org/labyrinth. Or contact Weber center at 517-266-4000, fax 517-266-4004, webercenter@admc-op.org.

Love & Relationships

The Reality of Fantasies with Liora Rosen • May 22, 7:30-9:30 p.m. at Crazy Wisdom's Community Room • This seminar will explore the reality of fantasies and the pressure fantasies bring to a relationship. The fantasy of the perfect wedding, marriage, relationship, vacation, home, sexual encounter or partner and why it is unattainable. We will explore how those fantasies get nurtured and their implications. Discussion flexible. Space limited. $10. Call 670-2131 and specify name of seminar.

Empowering Intimate Relationships with Karen Gottschalk and Kevin Meisel • June 8, 1-4 p.m. • What makes an intimate relationship empowering? Learn about co-empowered relationships and identify strategies that can lead to a more empowered and healthier relationship. Discussion will also include improving communication, dealing with conflict and increasing trust. Both individuals and couples welcome. $50. Call 734-332-9184.

Rediscover the Joy of a Committed Relationship: A Workshop for Couples with Carole Kirby • May 3-5; Friday 7-10:30 p.m., Saturday 8:30-8 p.m., Sunday 8:30-7 p.m. • Discover what's beneath the longstanding conflicts and how to use your relationship for mutual healing and fulfillment. This intensive, psycho-educational workshop is based on Dr. Harville Hendrix' theory of Imago relationship therapy. The workshop includes lectures, written exercises, experiential exercises, and playfulness to help couples replace their ineffectual behaviors with behaviors that can set them on a path to real love, safety, trust and connection. $550 with early payment discount offered. Call 586-776-6622, www.therapy4couples.com.

Loving Your Partner without Losing Your Self: Free Relationship Workshop with Carole Kirby • June 2, 2-4:30 p.m. at Crazy Wisdom's Community Room • Everyone welcome to this workshop! Learn why it is so hard to hand onto yourself and stay in loving connection with your partner. Discover the importance of maintaining a sense of self in your relationship. Learn that healthy boundaries are essential for intimacy between partners. Learn to recognize the symptoms of poor boundaries and discover ways to make changes. This workshop can be helpful for a new relationship and get an old one back on track. If you are single, it can be helpful in understanding your past relationships and help you prepare for a new relationship. Participation is by choice and questions and dialogue are encouraged. All kinds of couples and singles welcome. Free. Call 586-776-6622, www.therapy4couples.com.

The Crazy Wisdom Calendar

The Spiritual Art of Carol Lynn Abramson

My art work is about awakening to consciousness through beauty and grace.
I paint visions and experiences from meditations. Much of the time I move out of the way and let my soul express itself onto the canvas.
Often a healing energy is imparted into my art work. Perhaps I have been working on a particular issue, I will process this through the pastels, water color or acrylic onto the canvas.
I have found this to be a powerful way to awaken into consciousness.
I hope as my art work moves out into the world that it will touch a part of each person who experiences it and help them to find the passion of their soul.
As each individual invites his/her soul home each can express their truer selves, and true freedom can become a reality in our lives. This is my dream-that with this freedom we truly will have heaven on earth.

There will be exhibitions of Abramson's artwork in the Crazy Wisdom Community Room on May 24-25 and August 30-31.

Photo by Ruth Schekter

Love & Relationships (continued)

Emotional Intimacy and Sexuality with Gil Ureno through St. Joseph Mercy Hospital • July 24, 7-8:30 p.m. • Despite advances in understanding human sexuality and desire, sex education focuses on body parts at the expense of other significant factors. Learn how to maneuver around the most common pitfalls that couples encounter in negotiating the balance between physical and emotional intimacy. $15. Call Sandie Schulze at 712-5400 or 800-231-2211.

The Best Kept Secret in Having a Good Marriage: Fighting Fair with Gil Ureno through St. Joseph Mercy Hospital • June 26, 7-8:30 p.m. • Fighting is good for a marriage! Join us and learn how to fight or argue effectively. Be in control of arguments rather than arguments being in control of your marriage. $15. Call Sandie Schulze at 712-5400 or 800-231-2211.

Power Balances and Imbalances with Gil Ureno through St. Joseph Mercy Hospital • July 10, 7-8:30 p.m. • Decisions about money and housework are part of the power struggle that is in every marriage. Learn about the roles of reciprocity, compromise and resentment in getting what you want in marriage. $15. Call Sandie Schulze at 712-5400 or 800-231-2211.

Men and Women: Understanding Each Other with Gil Ureno through St. Joseph Mercy Hospital • June 12 • It's true! Men and women often look at things very differently. This can make for some communication challenges that are sometimes amusing and sometimes frustrating. Join us to explore these gender differences and how they can impact a marriage. $15. For times, call Sandie Schulze at 712-5400 or 800-231-2211.

Massage

Drop-In Massage at Crazy Wisdom Tea Room with Michael Bratcher • Saturdays, 2-5 p.m. • Come in to Crazy Wisdom at the end of your week and get a massage! $1 a minute. No appointment needed. Other times may be added with sufficient interest. Call 665-2757.

Pregnancy Massage with Frances Salvato at the Ann Arbor Institute of Massage Therapy • June 8-9 and June 22-23, 8:30-5 • This workshop will cover application of massage and the benefits and contraindications for each trimester of pregnancy, including labor and postpartum; the physiological change occurring in the different systems of the body and the effect massage has on these different systems including postpartum massage and other self care exercises. This workshop is open to recent graduates and seasoned professionals alike who wish to broaden their scope of practice. 28 CEU's. $450. Call 677-4430, ext. 21 or fax 677-4520, aaimt@earthlink.com.

Pathology with Margeret Szedenits at the Ann Arbor Institute of Massage Therapy • May 11, 8:30-5 • Pathology is the study of the nature of diseases and the structural and functional changes produced by them. Massage therapists are ethically responsible for recognizing clients' deviations from normal health and knowing if massage is indicated or contraindicated. Our purpose is to help the beginning massage therapist form a knowledge base upon which they can build as they begin to practice. 7 CEU's. $150. Call 677-4430, ext. 21 or fax 677-4520, aaimt@earthlink.com.

Sports Massage II with Jocelyn Granger and Jane Anderson at the Ann Arbor Institute of Massage Therapy • May 18 and 19, 9-5 each day • Sports Massage II uses a combination of specialized techniques to prevent sports injuries, boost athletic endurance and performance, and accelerate recovery from injury or fatigue. The principles and techniques of Sports Massage include the physiology of the injury and repair process, pre-event, post-event and maintenance and principles of sports injury assessment and treatment. 14 CEU's. $250. Call 677-4430, ext. 21 or fax 677-4520, aaimt@earthlink.com.

Ann Arbor Institute of Massage Therapy Career Presentation • June 2 and Aug. 17; begins promptly at 10 a.m. and ends at Noon • Find out what it takes to become a massage therapist! We'll begin with an information presentation followed by a question and answer period. Refreshments, door prizes and a free seated massage! Free. Call 677-4430, ext. 21 or fax 677-4520, aaimt@earthlink.com.

Myofascial Therapy I with Jane Anderson at the Ann Arbor Institute of Massage Therapy • June 14, 15 and 16; 8:30-5 each day • Myofascial Therapy I is an effective form of Deep Tissue Massage, offers a cooperative approach for improving structural alignment with specific emphasis on Palpatory skills, postural assessment techniques, direction, pressure, breath awareness, perception and sensitivity. Each of the workshops will be devoted to different sections of the body. 21 CEU's. $350. Call 677-4430, ext. 21 or fax 677-4520, aaimt@earthlink.com.

Myofascial Therapy II with Jane Anderson at the Ann Arbor Institute of Massage Therapy • July 26, 27 and 28; 8:30-5 each day • Myofascial Therapy II is a continuation of Myofascial Therapy I. See above description. Each of the workshops (MFT I, II and II) will be devoted to different sections of the body. 21 CEU's. $350. Call 677-4430, ext. 21 or fax 677-4520, aaimt@earthlink.com.

Myofascial Therapy III with Jane Anderson at the Ann Arbor Institute of Massage Therapy • Aug. 9, 10 and 11; 8:30-5 each day • Myofascial Therapy III is a continuation of Myofascial Therapy I and II. See above description. Each of the workshops (MFT I, II and II) will be devoted to different sections of the body. 21 CEU's. $350. Call 677-4430, ext. 21 or fax 677-4520, aaimt@earthlink.com.

Neuromuscular Therapy I with Jocelyn Granger at the Ann Arbor Institute of Massage Therapy • June 28, 29 and 30; 8:30-5 each day • This class consists of the freeing and relief of chronically tense, contracted and painful tissues. It is an advanced form of massage therapy which requires a high degree of anatomical precision, specificity and skilled palpation. Neuromuscular Therapy provides more complete and effective relief from chronic pain and tension and an understanding of the principle and philosophy of myofascial dysfunction. 21 CEU's. $350. Call 677-4430, ext. 21 or fax 677-4520, aaimt@earthlink.com.

Neuromuscular Therapy II with Jocelyn Granger at the Ann Arbor Institute of Massage Therapy • July 19, 20 and 21; 8:30-5 each day • Continuation of Neuromuscular Therapy I. 21 CEU's. $350. Call 677-4430, ext. 21 or fax 677-4520, aaimt@earthlink.com.

Neuromuscular Therapy III with Jocelyn Granger at the Ann Arbor Institute of Massage Therapy • Aug. 2, 3 and 4; 8:30-5 each day • Continuation of Neuromuscular Therapy I and II. See above description. 21 CEU's. $350. Call 677-4430, ext. 21 or fax 677-4520, aaimt@earthlink.com.

Clinical Documentation with Margeret Szedenits at the Ann Arbor Institute of Massage Therapy • July 13, 8:30-5 • Participants will learn to properly document therapeutic massage sessions. Documentation will help massage therapist develop a treatment plan for clients. This is important whether the therapist works for someone else or has their own business. Includes some internship and outreach orientation for AAIMT students. 7 CEU's. $150. Call 677-4430, ext. 21 or fax 677-4520, aaimt@earthlink.com.

Meditation

Wednesday Evening Meditation for the General Public with Brenda Morgan • May 29 and Aug. 21, 7-8:15 p.m. • Brenda has been blessed with a spiritual transformation in which Inner Enlightenment/No Mind Within has occurred. This evening is set aside for those interested in exploring and connecting to someone who is in a spiritually transformed space. As a Westerner, Brenda is always exploring how to communicate this transformation with those who have a connection with the world and wish to continue to interact with it as they evolve. Love offering/donation. Call Susan at 665-0536.

Essence Point Silent Group Meditation • Sundays, Noon-1 p.m. • Essence Point offers a 50 minute period of unguided silent group meditation every Sunday. Comfortable chairs provided or bring a cushion is you prefer. People from any spiritual practice welcome. Donations accept. Call Anita McKay at 741-0478, essencepoint@hotmail.com.

One Day Meditation Seminar with John Friedlander • Aug. 3, 9:30-5:30 p.m. • In this seminar, advanced meditators can learn to sustain their attention on chakra keys for an extended time. This liberates abilities such as clairvoyance, telepathy and healing locked in those chakras. Those abilities can be used to cultivate skill and compassion in life and relationships. $100. Call Anita at 741-0478, mckays@concentric.net.

Meditation and Psychic Development I with Penny Weaver • Thursdays, June 12-July 24; 6:30-8 p.m. • Learn the positive benefits of meditation and how to achieve them in a step-like process. Psychic development and other tools to enhance meditation and its benefits will be taught in this 6-week course. For cost, call 248-374-1070, pennyweaverj@aol.com.

Meditation and Psychic Development II with Penny Weaver • Wednesdays, April 17-May 22; 6:30-8 p.m. • More techniques to enhance meditation including self-hypnosis, the Medicine Wheel and Qabalah in this 6-week course. For cost, call 248-374-1070, pennyweaverj@aol.com.

Advanced Meditation with Penny Weaver • May 11, June 8 or July 13; 10-11:30 p.m. • Learn advanced meditation techniques to improve your psychic abilities. For cost, call 248-374-1070, pennyweaverj@aol.com.

Introduction to Insight (Vipassana) Meditation with Dottie Coyne of Deep Spring Center • Six Tuesdays starting April 23 • Insight Meditation is a simple and direct practice: the moment to moment investigation of the mind/body process through calm, focused awareness - which allows us to experience sensations, emotions, thoughts and consciousness with greater clarity and balance. This frees our mind from conditioned patterns of self-centeredness, negativity and confusion, opening our heart to deeper wisdom and compassion. This process of opening compassionately to ourselves moves from the sitting period to the whole of our lives. Each moment is practice for our growth toward wholeness and harmony. This practice derives from Buddhist teachings but no special religious beliefs are necessary. We perform no religious rituals. The meditation practices are suitable for those of any religion. We balance insight practice with a deepening awareness of our true nature, not as something which we strive to manifest but as that which is eternal and present NOW. We will also work with other forms of meditation which nurture non-dual awareness and open the heart. $50 payable to Ann Arbor Recreation Dept. Call 971-3455, info@deepspring.org. You may also call Dottie at 930-0192.

Introduction to Insight (Vipassana) Meditation with Dave Lawson of Deep Spring Center • Six Thursdays starting mid-June • See above description. Dates have not yet been finalized. $50 payable to Ann Arbor Recreation Dept. Call 971-3455, info@deepspring.org. You may also call Dave at 662-8317.

Residential Meditation Retreat with John Orr and Barbara Brodsky of Deep Spring Center • June 14 in the evening through June 16 in the afternoon, or week long, June 14-June 22 • See above description of Insight Meditation. The foundations on the weekend are Insight Meditation and the various supports for our spiritual practices, such as lovingkindness meditation. The meditations derive from Buddhist Theravadin tradition but no special religious beliefs are necessary to their practice. We'll be alternating sitting and walking meditation. Although the retreat will be held in silence, there will be clear instructions, evening talks and optional discussion periods with the teachers. Mindfulness throughout the 24 hour day will be a focus. Our heart's willingness to open is a key to spiritual development. Besides insight practice, we will deeply touch our heart's center with chanting drawn from several traditions and meditations based on lovingkindness and non-dual awareness. We begin by healing the separation we may feel from our own heart, then offer this love to people in our lives, and to all beings. $395 for the week or $205 for the weekend. Each day beyond the weekend is $45. Early payment discount offered. Limited scholarships available. For a complete flyer, call 971-3455, info@deepspring.org.

One Day Non-Residential Meditation Retreat with Cassie Camman, Carol Blotter and Dottie Coyne of Deep Spring Center • Sept. 21, 9:30-5 • Offered as a fund raiser for Michigan Friends Center. See above description of Insight Meditation. $30. Call 971-3455, Carole at 734-475-0942 or Cassie at 662-6704; info@deepspring.org.

Meditation with Ema Stefanova • Ongoing Sundays, 3:15-4:45 p.m. • Meditation is a spontaneous experience that occurs when one achieves total relaxation and awareness. We will be practicing different techniques to develop pratyahara (relaxation) and dharana (one-pointed awareness), which lead to complete meditation. Students may start at any time. For cost, call 665-7801; emastefanova@cs.com or yogaandmeditation.com.

Menopause

Learning about Menopause: Hormone Replacement and Complementary Therapies with Laura Martin through St. Joseph Mercy Hospital • July 15, 7-8:30 p.m. • Join us for an overview of the symptoms and health risks associated with menopause. You'll learn the facts about hormone replacement therapy and complementary therapies such as herbs, soy proteins and other nutritional supplements. $15. Call Sandie Schulze at 712-5400 or 800-231-2211.

Learning About Menopause: Lifestyle Strategies through St. Joseph Mercy Hospital • July 22, 7-8:30 p.m. • Learn practical nutrition and exercise strategies to help you maintain vitality and health before, during and after menopause. Presented by a nutritionist and an exercise physiologist. $15. Call Sandie Schulze at 712-5400 or 800-231-2211.

Learning About Menopause: What You Should Know with Judy Fedchenko and an MD through St. Joseph Mercy Hospital • July 29, 7-8:30 p.m. • Did you know that hot flashes, mood swings and other symptoms can occur as much as eight years before actual menopause? Designed for women ages 35 to 50, this presentation gives a comprehensive overview of the physical and emotional changes associated with menopause, and how you can best prepare for and manage them. $15. Call Sandie Schulze at 712-5400 or 800-231-2211.

Men's Work

A Men's Weekend Intensive: The Heart of a Man with Antonio Francesco and Bob Schramm through Weber Center • July 12, 7:30 p.m.-July 14, 1 p.m. • What does it mean to be not only courageous but also vulnerable in these post September 11 times? During this experiential workshop, we will have opportunities to rediscover the source of our individual and collective strength, reawaken our creativity, reclaim our deepest desires, and remember our personal story. Join us for a journey inward toward a fuller integration of heart, soul, body and mind. $130. Call 517-266-4000, fax 517-266-4004, webercenter@admc-op.org or www.op.org/adrian/weber.

Men's Issues Therapy Group with Cam Vozar • Mondays starting May 6, 7-8:30 p.m. • An ongoing therapy group supporting men to change their lifestyles and relationships, promoting recovery from addiction, depression, isolation and divorce. $35 per session with some insurances accepted. Call 747-9073, cvozar@aol.com.

The Crazy Wisdom Calendar

Midwifery

Neonatal Resuscitation Certification with Laurie Hodder-Davis through the Holistic Midwifery Institute • Aug. 8, 9 a.m.-3 p.m. • All students must obtain the 2000 Edition of *The Neonatal Resuscitation Textbook*. It is essential to study the book and do the chapter post-tests before the workshop. The class is designed to teach, practice, and test the hands-on practical skills component of the training. The textbook and pre-test study component are designed to help you pass the written, theoretical portion of the certification process. Certification is good for two years. $90. Call Patty Brennan at 663-1523, patty@holisticmidwifery.org or www.holisticmidwifery.org.

Every child is an artist. The problem is how to remain an artist once she grows up.

- Pablo Picasso

Mothers & Daughters

A Heart to Heart Conversation for Mothers and Daughters on Puberty and Growing Up through St. Joseph Mercy Hospital • Toby Jacobowitz and Rochelle Kostant teach June 15, Lorri VanderRoest and Rochelle Kostant teach July 28, Rochelle Kostant and Penny Baumeier teach Aug. 17; 1-5 p.m. • Provides both mothers and daughters (ages 9-12) with accurate information about the normal physical and emotional changes that pre-teen girls will experience as they enter puberty. $45 for mother and one daughter, with an additional $10 for another daughter or other female family member. Call Sandie Schulze at 712-5200 or 800-231-2211.

Movement & Dance

West African Dance Class with Mary Jeng and Papa Hanne • Ongoing Saturdays, 4-5:30 p.m. at Arts in Motion Dance Studio • Explore traditional West African rhythms. Experience the movements of an age old culture. Classes are accompanied by live traditionally played drumming. $10 drop-in with beginners welcome. Call Dori at 475-1836.

Dances of Universal Peace with John and Sylvia Middlebrooks • First Friday of each month, 7-9 p.m. • From the beginning of time, movement, song and story have brought people together. The Dances of Universal Peace are simple, direct and accessible. Dancers join hands to dance in a circle while singing sacred phrases from the world's spiritual traditions. Each dance is easily learned; within a few minutes, people are moving and singing in peace and joy. No previous experience necessary. All welcome. $5 donation requested but not required. Call 996-1332, smidd@comcast.net.

Peter Sparling Dance Company Open Rehearsal at Dance Gallery Studio • May 4, 1:30-3 p.m. • See Peter Sparling Dance Company for FREE. Works-in-progress and preparation for upcoming shows. Free with donations accepted. Call Nicole Manuel at 747-8885; dancegallerystudio@ameritech.net.

Taste of Flamenco with Tessa Goldberg at Dance Gallery Studio • May 19; 1-2:30 p.m. for non-dancers, 2:30-4 p.m. for dancers • Spanish dance comes to Ann Arbor. Show off your flare with Intro to Flamenco dancing. Wear soft-soled shoes with a heel. Women wear a full skirt if possible. $15. Call Nicole Manuel at 747-8885; dancegallerystudio@ameritech.net.

Belly Dancing Basics with Danielle at Dance Gallery Studio • June 9, 1-2:30 p.m. • Intro to Middle Eastern dance focusing on history, culture and technique. $15. Call Nicole Manuel at 747-8885; dancegallerystudio@ameritech.net.

Ann Arbor Authentic Movement Group (A2AMG) • Bi-weekly Wednesdays, 6:30-9 p.m. • We are a self-facilitated peer group meeting to explore Authentic Movement in community. We offer open orientation sessions periodically; call for upcoming dates. Authentic Movement is a practice of self-directed movement with a witness in which the body is a source of knowing and transformation. It offers pathways to embodiment, creative expression, personal process and spiritual resource. Nominal rental fee. Call Robin Graubarth at 665-2345 or Peter Norlin at 878-2900, redrobinah@aol.com or pfnorlin@earthlink.net.

Music & Sound

Women's Circle of Sound with Kathleen Moore • Bi-monthly Thursdays, 1-2 p.m. • For those women who want to use music and singing as part of their process of personal healing. We will seek to build community within the circle, through music and discussion. No experience necessary. All experience welcome. $25 per class with early payment discount offered. Call Kathy Moore or Leigh Dale at 668-8146; moorevoice@earthlink.net.

Like Water Balafon Class with Ryan Edwards • Six Thursdays, 5:30-7 p.m. • In this class, we will gently explore traditional West African balafon (wooden xylophone) melodies and grooves. Enchanting and entrancing, we cover the cultural significance, geographic location, songs and their meanings. Balafons provided. $75. For dates, call 475-3158; www.likewaterdrumworks@hotmail.com.

Native American

Sweat Lodge with Janet R. Nagy • Last Saturday of every month • This ceremony cleanses the body, mind, and spirit and renews the life force. $20 donation for ground fees. No charge for ceremony. Call Mulberry Farm at 734-783-3830; mulberryfarms@comcast.net.

Personal Medicine Shield Workshop with Wind Daughter at Windrise • May 3-5 • From cutting of the hoop to the final touches of your decorative expression, your Medicine Shield will be empowered with your energy. $195. Call Pam Czuj at 734-878-4893.

Vision Quest with Debbie Mast • July 17-21 • Leaving behind our everyday responsibilities, we journey to 240 acres of private land in Michigan to connect with nature and listen to spirit. It is a time to seek personal vision, take part in rites of passage ceremonies appropriate to your age or do ceremonies from the Sweet Medicine Sun Dance tradition. $250 for land use, materials and professional teachings. There is no charge for ceremonies. Call 248-541-5267; ftreelodge@aol.com.

Natural Building

Natural Building at the Thatched Roof Studio with Deanne Bednar • Spring through Fall 2002 • Tour this enchanting Studio, with strawbale and earthen plastered walls, real thatched roof, sculptural interior, solar electricity and more. Join in with the building process and learn skills. Individuals and groups welcome. No experience necessary. On beautiful rural/wooded land in Northern Oakland County, 90 minutes from Ann Arbor. $10 per day or as arranged. Scholarships and apprenticeships available. Call 248-363-1756; ecoartdb@aol.com.

Nature & Wilderness Awareness

Finding Our Way in the Wild - Self Reliance and Sacred Actions with Bob Bodi • May 5, 10 a.m.-4 p.m. at Upland Hills Ecological Awareness Center • Join us in the woods as Bob Bodi shares skills gleaned from Native American traditions, his studies with Tom Brown and his own personal wisdom. He will discuss bow and drill fire building, the construction of low impact shelters, wild edibles and learning how to walk and live gently on this land. Be sure to bring simple snacks to munch on, a pair of good hiking boots and dress appropriately for the weather. $10 per person or $25 per family. Call Gretchen Michaels at 248-628-7463; uheac@msn.com.

Nature's Healing Connections with Peggy Garrigues-Cortelyou through Weber Center • June 15, 9:30-5 • When we are outdoors, our sense are greatly stimulated in many different ways at once. In this workshop, you will learn to pay attention to what attracts you in nature, affirm the joy of fully-awake sense and express gratitude for your connections with nature. $70. Call 517-266-4000, fax 517-266-4004, webercenter@admc-op.org.

Nutrition & Food Medicine

Finding a Break in the Clouds: A Unique System for Breaking Free from an Eating Disorder with Kyrai Antares • May 1, 6:30-8:30 p.m. at Crazy Wisdom's Community Room • Giving a taste of the Finding a Break in the Clouds system, Kryai outlines the four-phase progression of eating disorders, provides interactive exercises, exposes the real villain behind eating disorders and shares her insights based on her vast personal experience, as well as the experiences of those she has helped. Free. Call 248-373-4888; findingabreakintheclouds.com.

Color Me Healthy with Liora Rosen • May 29, 7:30-9:30 at Crazy Wisdom's Community Room • This seminar will explore how vibrant food enhance our appetite, health and overall well-being. We will discuss vitamin content, color association and the impact it has on our growth and nourishment. This seminar tickles the taste buds and stimulates the imagination. Sample recipes will be given. Limited space. Pre-registration required. $20 to cover room cost and materials given. Call 670-2131.

Outer Space

Space Day 2001 Celebration: The Apollo Program with David West Reynolds at Exhibit Museum of Natural History • May 2, 6-9 p.m. • David West Reynolds speaks about Apollo space program and will sign copies of his new book, *Apollo: The Epic Journey to the Moon*. See and learn about model rockets. View lunar samples and the Museum's meteorite collection. Free. Call Amy Harris at 763-4191; aharris@umich.edu.

Parenting

A Mother's Sacred Journey: Parenting as Spiritual Practice with Jill Blixt • May 4, May 18; 9:30-12:30 • One of the most sacred activities of our lives is the nurturing and guiding of our children. To be present for them not only requires us to pay attention but it also asks us to reflect on what it means to be a guardian of another Soul. We often get caught up in the "doingness" of mothering to the point of exhaustion. Come discover how to bring more nurturing and balance to yourself while you become more present for your children. $30 includes brunch and materials. Call 665-4577.

Mothering Arts Support Group with Merilynne Rush and Mickey Sperlich of New Moon Midwifery • Thursdays, 11 a.m.-1 p.m. • Free drop-in session open to all parents of little ones. We share resources, ideas and support for attachment-style parenting. Children of all ages welcome. Very informal. Discussion topics vary based on your suggestions and needs, with guest speakers from the community. Some dads come also. Free. Call 424-0220; srush86@aol.com.

Workshop for Parents of Children with ADHD with Linda Lawson • May 20, 7-8 p.m. at Crazy Wisdom's Community Room • Fun things parents can do over the summer to enhance school success and improve behaviour at home. For cost, call 734-213-3568.

Past Life Regression

Past Life Regression: Heal Karmic Blocks with Shala Kilmer • June 15, 1-4 p.m. • Free yourself from the past...change your life. You will be taken to a previous life, discover what caused the block, and have all energy blockages removed. Expect change...what's in store for you? $99. Call 248-258-8287, kilmersh@core.com, www.intuitionpath.com.

Past Life Regression with Shala Kilmer • Three Thursdays beginning Aug. 9, 7-9 p.m. • You will experience past lives in vivid detail. Ask to be shown past lives that interest you: related to current loved ones, interests, career... You will be amazed at what you see. Easy and a lot of fun. $120. Call 248-258-8287, kilmersh@core.com, www.intuitionpath.com.

Personal Growth

Book Signing with Jan Goldstein, Author of *Life Can Be This Good: Awakening to the Miracles All Around Us* at Crazy Wisdom Bookstore • May 10, 7-9:30 p.m. • Jan Goldstein offers 40 life-affirming stories of miracle moments of people who have opened themselves to all that is possible. In the book, Goldstein describes his four-step practice for moving from everyday-ness to a celebratory life: listen, open, step into, and receive. Free. Call Carol Karr at 665-2757; crazywisdom@comcast.net.

Living From the Inside Out: Deepening Your Intuitive Knowing with Jill Blixt • Eight Thursdays beginning May 2, 6:30-9:45 p.m. • We long to have a life of ease - one where we can be in the flow. The path to such a life is having access to our deepest knowing. Come learn how to tap into and integrate your intuitive knowing into your daily life. Through writing, creative play and sharing, we will open the flow of our deepest wisdom and learn how to live elegantly and effortlessly from the inside out. $30 per week includes dinner and materials. Call 665-4577; jillblixt@aol.com.

Making Peace With the Things in Your Life: *Why Your Papers, Books, Clothes and Other Possessions Keep Overwhelming You - And What You Can Do About It.* Book Signing and Reading with Cindy Glovinsky at Crazy Wisdom Bookstore • July 13, 2:00 p.m. • Instead of offering the same suggestions for re-ordering your space, therapist Cindy Glovinsky asks readers the tough questions that will help them to identify and remedy their organization issues. Why we feel depressed if we lose certain things. Why we hold on to things that no longer give us pleasure. Patterns that help us identify how we arrange things and what percentage of our things have designated "homes". How we overload on magazine, newspaper and journal subscriptions and the meaning behind it...and much more! For more information call Carol Karr at 665-2757 .

Self Mastery through Integration of Mind, Body and Spirit with Penny Weaver • Thursdays, July 31-Sept. 4; 6:30-8 p.m. • The next generation of psychology, it's an adventure in self-discovery and transformation. It combines ancient practices with new age/metaphysical techniques Penny uses in her practice. For cost, call 248-374-1070, pennyweaverj@aol.com.

Women Who Love or Give Too Much with Sandy Prochazka through St. Joseph Mercy Hospital • July 17, 7:30-9 p.m. • Are you a woman who gives too much, then feels exhausted and used by family, friends, spouse and others? Some recovery techniques for long term change will be included. $15. Call Sandie Schulze at 712-5400 or 800-231-2211.

Creating the Life You Really Want with Kristin Blackburn • Wednesdays, May 8-July 31; 7-8:30 p.m. • A 12-week supportive therapy group for women utilizing the 9 principles from Sonia Choquette's *Your Heart's Desire* in order to identify your personal and professional dreams, eliminate barriers, and create the life you really want. Group format will include weekly homework from the *Your Heart's Desire* workbook, additional information provided by the therapist and group discussion. Space limited to six. $30 per week plus $18 workbook. Call 994-1531.

Illustration by Nicole Macdonald

Making Peace with the Things in Your Life with Cindy Glovinsky of Fresh Start Organizing • May 18, 8:30-4:30 • A workshop to help people understand and begin to resolve issues relating to clutter, disorganization, hoarding and compulsive buying. Participants are guided through a systematic and entertaining re-examination of your "relationship" with material things. The workshop helps you do the inside work needed to get organized on the outside. $110 includes a copy of Cindy's book, *Making Peace with the Things in Your Life*. Call 480-7666; cindyglovin@cs.com.

Creating Your Future with Michael Whitty • May 3, 8 p.m. • Building your life legally by finding your calling or true vocation. Developing enough emotional intelligence to become a spiritual elder. Learn acceptance, courage and self creation. By donation. Call 248-594-7596; mikewhitty@hotmail.com.

Discover the Power and Joy in Your Life Transitions with Melanie Fuscaldo • Part 1: May 7, Noon-1:30 p.m.; Part 2: May 14, Noon-1:30 p.m. • If you or a loved one is anticipating or experiencing a transition in career, retirement, health or relationship, this workshop will support you in opening your heart, body and mind to the spiritual purpose in this transition. $25 per session. Call 668-2733.

Emotional Freedom Therapy with Bronwen Wildflower Gates • June 2, 9, 16; 5-7 p.m. • This deceptively simple yet incredibly powerful, non-intrusive technique that you can do anywhere teaches you how to break out of debilitating emotional fear patterns within a short time frame - often less than half an hour. This series will teach you the technique, provide you with an opportunity to practice and become confident in its use, and show you how to combine this technique with affirmations to uncover blocks and limiting beliefs. Together, you will be amazed at what shifts you can accomplish in your life. $55. Call 734-424-2744, bronwild@aol.com.

Self-Help Workshops with Andrew S. Taylor • May-August; 6 weeks, 8 weeks or 12 weeks; 7-9 p.m. • Have you ever gone through a bookstore's Self-Help section, picked out a well known book and thought, "This sounds great, but I wouldn't do this by myself. I wish I had a guide and support group for company on the journey."? Well, I am here to make that wish come true! I take Self-Help books and create workshops that utilize the books' messages, themes, etc. Examples are *The Artist's Way* by Julia Cameron, *Everyday Enlightenment* by Dan Millman, *Aha! 10 Ways to Free Your Creative Spirit and Find Your Great Ideas* by Jordan Ayan, *The Way of Harmony* by Jim Dreaver and *The Four Fold Way* by Angeles Arrien. For complete information, call 669-4262.

Hannah's Gift with Maria Housden through Renaissance Unity (formerly Church of Today) • May 29, 7:30 p.m. • *Hannah's Gift* is Maria Housden's new book. Donations accepted. Call 586-758-3050.

Stand Up For Your Life with Cheryl Richardson through Renaissance Unity (formerly Church of Today) • June 5 • Cheryl Richardson is the author of *Life Makeovers: A Practical and Inspiring Way to Improve Your Life One Week At a Time*; *the Self-Help Cards* and *Take Time For Your Life*. $10. Call Charlette Manning at 586-758-3050.

A Return to Love Seminar with Marianne Williamson through Renaissance Unity (formerly Church of Today) • May 31, 7-10 p.m. and June 1, 10 a.m.-4 p.m. • Marianne Williamson is the author of *Healing the Soul of America*; *Enchanted Love*; *Illuminata*; *A Woman's Worth*; *A Return to Love*; and dozens of self-help and spiritually-focused audios. $100 includes Saturday lunch. Call Charlette Manning at 586-758-3050.

9 Steps, You Can Make It Happen: A Nine Step Plan for Success with Stedman Graham through Renaissance Unity (formerly Church of Today) • May 1, 7:30 p.m. • Stedman Graham is a motivational speaker and soul-mate of Oprah Winfrey. $25. Call Charlette Manning at 586-758-3050.

Professional Enrichment

Business Skills for the Self-Employed with Patty Brennan of The Holistic Midwifery Institute • Aug. 10, 9-5 p.m. • Come and learn the skills necessary to be successfully self-employed. Topics include money issues, recordkeeping, taxes, marketing, limiting liability, professionalism, ethical concerns and more. This class is appropriate for anyone setting up a service-oriented business. $100 with discount offered. Call 663-1523, patty@holisticwidwifery.org or www.holisticmidwifery.org.

Reiki

Reiki I with Penny Weaver • May 11, June 8 or July 13; Noon-3 p.m. • Learn to use the life force energy in your hands to balance your own energy. For cost, call 248-374-1070, pennyweaverj@aol.com.

Reiki II with Penny Weaver • May 18, 12:30-4:30 p.m. • Learn to use the life force energy in your hands to balance the energy of any living thing. For cost, call 248-374-1070, pennyweaverj@aol.com.

The Crazy Wisdom Calendar

Reiki (continued)

First Degree Reiki Class with Suzy Wienckowski • May 17-19 or July 12-14; Friday 7-9:30 p.m., Saturday 9:30-4 p.m., Sunday 9:30-12:30 p.m. • Reiki is a gentle, hands-on healing art. Reiki is easily learned by all and after initiation by a Reiki Master healing energy flows effortlessly through your hands. Reiki reduces stress, eases pain, and restores balance and harmony on all levels: body, mind, and spirit. The First Degree class includes the history of Reiki, hands-on form for treating yourself and other and four individual initiations. Certificate awarded. $150. Call 665-8665, suzyreiki@aol.com.

Reiki Healing Circle with Robert Hughes • May 8, June 12, July 10, Aug. 14; 7-9:30 p.m. at Crazy Wisdom's Community Room • An open invitation to the public to experience Reiki and other healing modalities in a safe and sacred space. All welcome to attend. The circle's intention is to bring healing and greater community to the Ann Arbor area. Donations welcome. Call 961-9866; robertkhughes@yahoo.com.

First and Second Level Reiki Workshops with Robert Hughes • July 20-21 • Through the attunement process, this weekend class empowers the individual to channel Reiki - the universal life force - for the benefit of self and others. Certificate granted. $160-$300 sliding scale. Call 961-9866; robertkhughes@yahoo.com.

First Level Reiki Workshops with Ray O. Golden of Center for Intuitive Health • June 9, 10-7; July 7, 10-7; or Aug. 3, 9-6 • Reiki is a powerful, natural and ancient healing technique which can be learned by anyone. It is a process in which the energy of the universe flows through the person performing it to heal the individual. Reiki is non-invasive and is effective for treating emotional, mental, causal, and spiritual levels through treatments that are deeply relaxing and energizing. In the level one workshop, the student receives ALL the traditional attunements to the Reiki energy, learns to facilitate other's healing as well as self-healing techniques. Class sizes are limited to allow for individual attention. $125 with discount offered includes manual and certificate. Call 663-9724, intuitivehealth@aol.com.

> I like trees because they seem more resigned to the way they have to live than other things do.
> - Willa Cather

Second Level Reiki Workshops with Ray O. Golden of Center for Intuitive Health • May 24-25 or Aug. 9-10; Friday 6-10, Saturday 10-4 • In the level two workshop, traditional advanced attunements deepen the process. The student learns even more powerful healing techniques and distance healing techniques. Class sizes are limited to allow for individual attention. $225 with discount offered. Call 663-9724, intuitivehealth@aol.com.

Free Reiki Introduction and Healing Night with Ray O. Golden of Center for Intuitive Health • May 2, June 6, July 11, Aug. 1; 7-9 p.m. • An introductory talk on Reiki and an opportunity to experience Reiki energy. Free. Call 663-9724, intuitivehealth@aol.com.

Relaxation & Stress Management

Stress Management with Hypnosis with Debbie Taylor • May 4, Noon-2 p.m. • Informative facts regarding stress, causes and how to manage it. The second half of the class is devoted to "hands on" techniques to help you alleviate your stress. The class will be able to use these highly effective techniques on their own. $20. Call 734-697-0888 days or 734-697-7148 evenings: www.debbietylr8@netscape.net.

Stress Management: Embracing the Peace within You with Melanie Fuscaldo • Part 1: May 21, 12-1:30 p.m.; Part 2: May 28, 12-1:30 p.m. • Tune in to messages from your body, mind and spirit and learn effective strategies to enhance your well being. Identify your unique stressors. Experience guided imagery for relaxation and to gain information from your inner guide. Leave with coping strategies to increase your effectiveness. $25 per session. Call 668-2733.

Stress Management in Multiple Dimensions with Karlta Zarley at Windrise • Aug. 8, 7 p.m.-Aug. 10, 5 p.m. • We all have a significant amount of stress. Sometimes we are invigorated by it and sometimes it threatens to overwhelm us. This class will explore different coping mechanisms and leave you with an individualized stress management plan. $165. Call 734-433-9333; staff@windrise.com

Shamanism

Introduction to Red Lodge: A Yearlong Program of Shamanic Teachings and Ceremonies with Debbie Mast • May 15, 7-10 p.m. at Crazy Wisdom's Community Room • Join us for an hour-long introduction to Red Lodge, a shamanic training program in the Deer Tribe Sweet Medicine SunDance tradition. This tradition is a time-honored integration of teachings and ceremonies designed to help you discover beauty, power, magick and purpose. The Red Lodge informational session will be followed by a two-hour optional ceremony in which we make prayer feather to send personal prayers to spirit. Sponsored by the Flowering Tree Lodge. For cost, call 248-541-5267; ftreelodge@aol.com.

Shamanic Empowerment: A Transformative Weekend Workshop with Mateyo Empie • June 14, 7-10 p.m.; June 15, 10 a.m.-10 p.m.; June 16, 10 a.m.-6 p.m. • Access the power to change your life. Personal growth through amplified awareness, the essential skill of shamanism, serves as the class theme. Learn at your own pace, on your own level, by directly sensing subtle energies and entering heightened states of consciousness. Metaphysical veterans and beginners alike can greatly accelerate their growth through this lucid experiential approach. Ground, hold space and resonate with Mother Earth's gentle strength. Experience the power and beauty of the fire ceremony. Discover and delight in other Peruvian teachings: channel healing energy, work with your luminous healing body, and practice psychic protection. Explore group mind, the three layers of the Self, styles of sacred space, sound healing and more. Shamanic Empowerment is the prerequisite to an optional year-long course. $325 includes lodging with early payment discount offered. Call 663-5505; shamaniccenter.org or snakewill@aol.com.

Shamanism and the Spirits of Nature: Working with Plants and Herbs with Kate Durda and Stephanie Tighe • June 23, 12:30-5:30 p.m. • Join us as we go deeper, learning about working with the spirits of nature for healing and knowledge. By learning from plants and animals, from rocks and mountains, from winds and rivers, from sun, moon and stars, shamans helped people live in harmony with the universe. In a world now out of balance, the way of the shaman can teach how again to respect nature, our planet and its inhabitants at a deep spiritual level. We will participate in journeys, which teach us how to connect and work with the spirits of plants. We will learn how to use plants to enrich our lives and participate in herbal crafting. We will end with a Despacho (honoring) ceremony, giving thanks and deepening connection with a nature spirit. Pre-requisite: the ability to participate in shamanic journeying in the tradition of the Foundation for Shamanic Studies. Tea provided and light snacks. Bring something of natural origin for the honoring ceremony (seeds, leaves, candies, etc.). $25. Call 517-543-6754; spiritweaver@voyager.net.

Singing & Songwriting

Group Voice Lesson with Kathleen Moore • Bi-monthly Saturdays, 11:15-12:15 • Learn how to use your voice for both singing and everyday life, in a small group setting. No experience necessary. All experience welcome. $25 with early payment discount offered. Call 668-8146; moorevoice@earthlink.com.

Spiritual Artwork

The Spiritual Art of Carol Lynn Abramson, Theme: Angels • May 24, 7-10 p.m. and May 25, 10 a.m.-10 p.m. On display at Crazy Wisdom • Come and browse or purchase. Please call if you are interested in scheduling an aura, angel or spirit guide drawing or have questions. Free art show. Call 480-9182; spiritartbycla@aol.com.

The Spiritual Art of Carol Lynn Abramson, Theme: The Magic of Hope and Joy • Aug. 30, 7-10 p.m. and Aug. 31, 10 a.m.-10 p.m. On display at Crazy Wisdom • Come and browse or purchase. Please call if you are interested in scheduling an aura, angel or spirit guide drawing or have questions. Free art show. Call 480-9182; spiritartbycla@aol.com.

Spiritual Development

Flower of Life Workshop with Jane Reading and Chris Meier • June 14-16; Friday 5-9, Saturday 10:30-7, Sunday 11:30-6:30 at Crazy Wisdom's Community Room • The Flower of Life is a compilation of teachings, ancient and modern, that encourages and supports each person in finding their own unique connection with source. This meditation workshop transmits the technique for understanding and achieving the state of consciousness known as Merkaba or Light Body. The Merkaba is a crystalline energy field that surrounds and contains your physical body. This is the ascension vehicle. $222. Call 928-282-0945; cmeier235@earthlink.net.

A Gathering In Spirit Weekend Mini Sampler with Brenda Morgan and Friends • June 1, 11 a.m.-9 p.m. • A day of fun and learning with local and national metaphysical healers, helpers and artisans from all walks of life. Mini-talks, privates sessions, crafts and spiritual comedy theatre: "The Trial and Tribulation of the Ego." $5 entry fee. Call Susan at 665-0536.

Our Lives Are One: The Union of Flora, Fauna and Humanity with Brenda Morgan • June 21, 7-9 p.m. • Brenda's spiritual transformation in which Inner Enlightenment/No Mind Within has occurred, will be the basis for this evening's seminar. Time will be set aside for questions and answers as well as direct experience of the meditative state. $35. Call Susan at 665-0536.

A Gathering In Spirit with Brenda Morgan • June 22, 9 a.m.-4 p.m. • A day-long spiritual intensive for those wishing to deepen their spiritual/meditative practices and openness to God. Each intensive is unique. Brenda's spiritual state catalyzes one's opening to the Universe. Only a sincere interest in opening to Spirit is necessary; the particular religious structure chosen should not conflict with the day's activities. The specific activities help catalyze the participant's insights into seeing some of their egoic strategies and learning how to return attention to the priority in life: God. No experience necessary. $85. Call Susan at 665-0536.

The Wonder of It All! A 3-Day Spiritual Retreat with Brenda Morgan • July 19-21 • This year's annual retreat will focus upon learning to contact and express the wondrous feeling tones of existence through our unique blueprints. Many gifted people from here and around the country will be sharing avenues for opening to one's unique expression and the joy of doing so. Brenda will share insight and wisdom arising from her spiritual transformation through daily meditations and talks. Vegetarian meals, workshops, talks, individual sessions, spa treatments, swimming and other outdoor activities will be available. Held in Lake Worth, Florida. Brochure available. Call Susan at 665-0536.

The Sacred Journey, The Mystical Self with Dr. Jerry Berbaum • Tuesday, May 14, 7-9 p.m. • Learn how to find and open your mystical self. When you think less and feel more, you are able to explore the Universe within you. Free. Call 449-4238; medicineoak@yahoo.com.

Shalem Wilderness Retreat at Windrise with Estela Monjo and Dan Dwyer • June 22-27 • This retreat is designed for people seeking an opportunity to connect more deeply with nature and with God. Come for solitude, prayer and community. $250. Call 810-678-3290; staff@windrise.com.

Merkaba Support Group with Lorna Brown • May 11, Noon-4:30 • Join other Flower of Life graduates in a time of support, renewal and sharing with this ongoing group. Review the basic meditation and share in new experiences. Open to all Flower of Life graduates. $15. Call 734-428-8748; starlab6@aol.com.

Lecture Discussion Evenings sponsored by Great Lakes Pathwork • Second Friday of each month, 7 p.m. • Informal gathering to read and discuss Pathwork lectures. These lectures contain a unique mix of psychological and spiritual concepts. Free. Call Nick Meima at 663-5853.

Pathwork Lecture Study Series with Lisa Wolf and Susan Cogar of Great Lakes Pathwork • Beginning May 5 • A series of ten classes to explore some of the core concepts expressed in the 258 Pathwork lectures, and provide a forum for discussion and personal understanding. Call 623-4805 for schedule.

Pathwork Transformation Program Sampler with Susan Cogar of Great Lakes Pathwork • May 16, 10 a.m.-5 p.m. • Spend a day exploring the Pathwork Transformation Program process and how it can help in attaining wholeness. You can courageously face, accept and transform your own inner negativity and contribute to the transformation of the world around us. Call 623-4805.

Introduction to Pathwork Weekend with Michael Roblee of Great Lakes Pathwork • June 21 at 7 p.m.-June 23 at 1 p.m. • Join us for a transformational weekend to explore the basic conceptual framework of the Pathwork, step into your own healing process and meet others studying and practicing the Pathwork. Program fee covers workshop, meals and lodging. For complete information, call 623-4805.

Mystical Humanity with Bronwen Wildflower Gates • June 15, 10:30-2 • This workshop introduces you to the foundations of your essence as a mystical being, human, divine, and magical. It forms an introduction to a longer course. $45. Call 734-424-2744; bronwild@aol.com.

Gathering Sacred Stones with Jean Booms ihm, Sally Gabany and Peggy Schmidt of Visitation • June 16-22 • This retreat is hosted in a beautiful natural setting on the shore of Lake Erie in Kingsville, Ontario. It offers a time to gather the stones that speak our life experiences. $350. Call 734-242-5520; visitation@ihmsisters.org.

Directed Retreats with Judith Bonini ihm and Mary Bea Keeley ihm of Visitation • June 22-27 • This retreat is hosted in a beautiful natural setting on the shore of Lake Erie in Kingsville, Ontario. It will be a silent, individually directed retreat with opportunity for common evening prayer. $275. Call 734-242-5520; visitation@ihmsisters.org.

The Study of Islam with Imam Hassen Qazwini through Renaissance Unity (formerly Church of Today) • May 8, 15, 22; 7:30 p.m. • Donations accepted. Call 586-758-3050.

"Emergence" with Barbara Marx Hubbard through Renaissance Unity (formerly Church of Today) • June 23, 2-5 p.m.; June 24, 7-10 p.m. • Barbara Marx Hubbard is the author of *Emergence - A Shift From Ego to Essence*; *Conscious Evolution*; *Evolutionary Journey*; *Hunger of Eve: One Woman's Odyssey Toward the Future*; and *Revelation: A Passage of Hope for the New Millennium*. $35 for Monday. Call Charlette Manning at 586-758-3050.

Philosophy, Cosmology, Consciousness with Brian Swimme through Renaissance Unity (formerly Church of Today) • July 21, 2-5 p.m.; July 22, 7-10 p.m. • Swimme is the author of *Hidden Heart of the Cosmos: Humanity and the New Story*; *The Universe is a Green Dragon: The Cosmology, Spirituality and Art of Shaping Fire*; *Universe Story: From the Primordial Era - Unfolding the Cosmos*. $35 for Monday. Call Charlette Manning at 586-758-3050.

Sufism

Circle of Blessing: Sufi Studies and Zikr with Siddiq John Middlebrooks • One Friday each month, 7:30 p.m. • This class offers an introduction and continuing study of the Sufi path of the heart based on teaching papers of the Indian Sufi Hazrat Khan and his American student, Murshid Samuel L. Lewis. Teaching is accompanied by Sufi breath and chant practice, including the Zikr, a practice of remembrance of the Divine Name. Free. Call 996-1332, jmidd@comcast.net.

Tai Chi & Martial Arts

The Art of Tai Chi with Chris Campbell through Weber Center • June 7, 7:30 p.m.-June 9, 1 p.m. • The flowing movements of Tai Chi are designed to promote relaxed muscle control, which improves balance and blood circulation within the body. In Tai Chi, the practitioner steps from the physical benefits of the form into the spiritual, where inner healing can occur. You are invited to take time to move, breathe and just be. $130. Call 517-266-4000, fax 517-266-4004; webercenter@admc-op.org or www.op.org/adrian/weber.

Tai Chi for Arthritis with Sifu Dan Jones through CAM Research Center • May 22, Noon • Free. Call 998-7715.

Comprehensive Tai Chi Chuan and Chi Kung (Qigong) Program with Wasentha Young through Peaceful Dragon School of Tai Chi Chuan and Chi Kung • April 1-June 22, Monday through Saturday, morning and evenings • Ongoing classes and certification in Tai Chi Chuan including Form, Push Hands, Sword, Application; and Chi Kung (Qigong) including Wild Goose, meditation, self-acupressure, and 5 Element Theory (Phases). $140-$170. Call 741-0695, www.peacefuldragonschool.com.

Harmony of Energy for Women with Wasentha Young through Peaceful Dragon School of Tai Chi Chuan and Chi Kung • Wednesdays, April 24-May 15; 10-11 p.m. • Chi Do (Harmony of Energy) is designed by Wasentha Young for women and includes relaxation and martial application methods of tai chi chuan, use of imagery, meditation, breathing exercises and self-acupressure to achieve the harmony and integration of the mind, body, spirit. $50 with discount offered. Call 517-266-4000, fax 517-266-4004, webercenter@admc-op.org.

> Those who wish to sing always find a song.
>
> - Swedish proverb

Harmony of Energy for Youth Ages 7-10 with Wasentha Young through Peaceful Dragon School of Tai Chi Chuan and Chi Kung • Mondays, April 22-May 13; 4:30-5:30 p.m. • Chi Do (Harmony of Energy) is designed by Wasentha Young for youth and includes relaxation and martial application methods of tai chi chuan, use of imagery, meditation, breathing exercises and self-acupressure to achieve the harmony and integration of the mind, body, spirit. $50 with discount offered. Call 517-266-4000, fax 517-266-4004, webercenter@admc-op.org.

Shotokan Karate-Do with Morris Lawrence • Monday, Wednesday, Friday, Saturday; 7:30-9 p.m. • Shotokan Karate is the original system of "Karate". The use of blocks, punches, and kicks are arranged into a potent self-defense system. Students are taught to control body, mind and spirit with the basic physical practice. $37 for three months. Call Ann Arbor YMCA at 663-0536.

Women's Self-Defense Clinics with Ryan R. Wilson • June 24 or July 29, 6:30-9:30 p.m. • Women have an innate gift for applying the soft and relaxed principles of internal Kung Fu and, with the knowledge of basic self-preservation techniques, can easily avoid, evade, check and disable even the strongest of attackers. Self-empowering training focuses on cultivating serenity in the face of adversity, centering of internal energy and overall awareness of self and environment. Interactive demonstrations will include dynamic striking and qi-breath techniques, location of vital targets and the use of practical weapons. Highly recommended for women ages 14 and older. $19. Call Raevan at 975-9429, wuyaodao@aol.com.

Introduction to Kung Fu Evenings with Ryan R. Wilson • May 14, June 4, June 25 or July 16; 7:30-9:30 p.m. • This ancient Chinese art is a phenomenal tool for self-awareness and self-development. Learn about Kang Nei Chin Gung Fu (The Chinese Martial Art of Unyielding Internal Strength) which teaches classical forms, street-smart self-defense, intuitive assessment and principles of the Warrior/Healer/Monk. This are is entirely devoted to the cultivation and proper use of internal energy. June 25th talk held at Crazy Wisdom's Community Room. Opportunities for ongoing classes. $5 suggested donation. Call Raevan at 975-9429, wuyaodao@aol.com.

Introduction to Qi Gung Evenings with Ryan R. Wilson • May 21, June 11 or July 2; 7:30-9:30 p.m. • Learn about ancient Chinese techniques of internal energy development for relaxation, healing and self-awareness. The focus of these interactive lectures is on bio-energetic (chi) awareness for clearing energy blockages, revitalizing the body's primary systems and realizing one's True Path and Potential. Opportunities for ongoing classes. May 21st talk held at Crazy Wisdom's Community Room. $5 suggested donation. Call Raevan at 975-9429, wuyaodao@aol.com.

Dim Mak Martial Qi Gung Training Seminars with Ryan R. Wilson • May 25, July 13 or Aug. 10; 9:30 a.m.-2:30 p.m. • This advanced Dim Mak combat training is open to practitioners of any martial art style. It is designed to compliment and enhance training through focused development of Unyielding Internal Strength that can then be channeled with precise control and awareness. Learn advance qi-breath and iron-body techniques that enable one to sustain multiple lethal blows to the neck, throat, groin, kidneys, floating ribs, heart and solar plexus without injury. Dim Mak self-defense tactics training employs precision nerve point striking and qi blows to disable the vital nerve-plexes of the body. The focus of these seminars is on the advancement of one's internal energy system with the ultimate purpose being the preservation of all life, including any assailants. Students interested in seminar participation must have current or past martial arts training and will interview with instructor prior to undergoing training. $69. Call Raevan at 975-9429, wuyaodao@aol.com.

Beginning Chen Style Tai Chi Chuan with Great Lakes Wushu • Beginning May 2, Mondays and Thursdays, 5:45-6:45 p.m.; Saturdays, 10-11:15 a.m. • Class will learn a 36 movement form. Instruction emphasizes body alignment, relaxation and balance. Training includes basic stances, silk reeling exercises and kicks. $65 per month. Call Richard Miller at 994-5980, www.greatlakeswushu.com.

Yin Style Baguazhang with Great Lakes Wushu • Beginning May 1, Mondays and Thursdays, 7:35-9:30 p.m.; Saturdays, 11:25 a.m.-12:30 p.m. • The Lion System of Yin Style Bagua is taught. Comprehensive training includes strengthening postures, basic strikes, kicks, turning the circle and practical applications. $65 per month. Call Richard Miller at 994-5980, www.greatlakeswushu.com.

The Crazy Wisdom Calendar

Tai Chi & Martial Arts (continued)

Goldenshield Qi Gong with Felicity Foster • Second and Fourth Thursday of each month • Ancient Chinese masters developed Goldenshield Qi Gong as a way to achieve super strength and health. The origins date back 3,000-4,000 years and were closely guarded. Now they are open to the public to help improve health. Free demonstration. Contact felicity@fostercovers.com.

Tai Chi with Genie Britt of Jewel Heart • Ongoing Sundays, 4:30-5:30 p.m. • Wu style of Tai Chi for health and focus. Beginners welcome. $5 suggested donation. Call 994-3387, office@jewelheart.org.

Tarot & Divination

Booksigning and Talk with Julie Tallard Johnson, author of *I Ching for Teens* presented by Crazy Wisdom Bookstore • May 18, 11 a.m.-2 p.m. at Crazy Wisdom Bookstore • Booksigning, talk and I Ching readings by award-winning writer for teens Julie Tallard Johnson. She will be signing her new book, doing I Ching readings and talking about the I Ching. No charge for talk. There is a charge for the I Ching readings. Call Carol Karr at 665-2757; crazywisdom@comcast.net.

Tarot... 78 Reflections of Life's Journey with Jeanne Adwani • May 16, 23, 30, June 6, 13, 20; 7-9:30 p.m. at Crazy Wisdom's Community Room • Each class is designed to deepen the mythic stories that live within each card. What do you see, feel, know? What is the journey? $100 for six classes. Limited enrollment. Call 734-662-8909; jeanne@intoowitgirl.com.

Drop-In Tarot Readings with Kathy Bloch in the Crazy Wisdom Tea Room • Every Tuesday, 7-10 p.m. • $1 per minute or $30 for 45 minutes. No appointment necessary. Call 663-0435 if you prefer to schedule a reading.

Tarot Workshop: Songs for the Journey Home Deck with Dwarko Von Sommaruga • Sometime between May 14-23 • Using the Songs for the Journey Home deck, a round deck from New Zealand, author Dwarko will explain the deck which is a "topographical mapping of the peaks and valleys that make up the integral landscape of human experiences." For cost and date, call Minda of Earth Wisdom Music at 769-0969; earthwisdom80@hotmail.com.

Therapy & Support Groups

Touchstone Group Support Services for Women Recovering from Sexual Assault or Childhood Sexual Abuse with Cathryn Antkowiak-Howard of Sexual Assault Crisis Center • Wednesdays starting May 22, 6:30-9 p.m. • Touchstone is a six-month therapeutic support program for women who have experienced sexualized violence. This program includes two phases: Phase I is an eight-week information and discussion series and Phase II is a structured, facilitated therapeutic support group. Free, but a $3 donation per session is requested. Call Cathryn Antkowiak-Howard at 971-3695, ext. 122 or 971-3696 between 9-5 p.m.

Women: Taking Control of Your Life - An Intensive Mid-Day Therapy Group with Laurie Krauth • Tuesdays, Noon-1 p.m. • A one-hour intensive group to attack issues that rob you of a better quality of life. A small, goal-oriented setting in which to identify and address problems you are ready to tackle. $25 per session/insurance. Call 996-9111 ext. 234; lauriekrauth@iname.com.

Emotional Healing for Women with Chronic Illness or Pain with Erica Dutton of Wellspring Counseling • Ongoing Wednesdays, 4:30-6 p.m. • For many of us who have chronic illness or pain, our "old" way of living doesn't work anymore. Now we have to create a new life that makes room for the reality of our chronic illness and pain but doesn't allow the illness to take over. Typical issues discussed are anxiety, depression, coping with feelings, moving from denial to acceptance, practical strategies for coping with pain and fatigue, family and work issues. Members will set individual goals and work towards accomplishing them in the ten weeks. $350 with some sliding scale available and discount offered. Call 677-3056, eldutton@wccnet.org.

The Art of Thriving: A Women's Psychotherapy Group with Lisa C. Wolf • Ongoing Tuesdays, 7-9 p.m. • This process-oriented therapy group will guide women to move beyond "surviving" life. Participants will have the opportunity to explore the resistances, fears and doubts that block one's ability to "thrive" and block the expression of your most genuine self. Discussion, emotional release work, spiritual practice and experiential exercises will be some of the interventions used. This group will be both psychological and spiritual in nature. $40 per session. Call 930-0864.

Adult Survivors of Sexual Abuse Therapy Group for Women with Laura Sanders • Tuesdays, 6-8 p.m. • A long-term therapy group for women who are recovering from childhood sexual abuse and are interested in enhancing experiences of success, intimacy and joy in their lives. $35 per session. Call 662-3509; lsanders@umich.edu.

Women's Health

Breast Health with Patricia Kramer • May 11, 10 a.m.-2 p.m. • Class participants will be taught self help techniques such as lymphatic drainage, homeopathics, herbs and nutrition to prevent and/or heal breast disease. $60 with discount offered. Call 734-428-8740.

Womenspirit

Essence Point Women's Circle • May 21, June 18, July 16, Aug. 20; 7 p.m. • Discussion and sharing group for women with interests in spirituality, relationship, empowerment, metaphysics and healing. Bring any divining tools that you have for the group to try. A short silent or guided meditation will be part of this gathering. $2. Call 741-0478, mckays@concentric.net.

Women's Mysteries: Accessing and Claiming the Wise Wom(b)an Within with Bronwen Wildflower Gates • May 20, June 3, 10, 17, 24; 7-9:30 p.m. • Explore the mystery of your womb, of being a woman, from child to aged wise woman. We will engage facts and fictions, be told stories and tell our own, be nourished, sing, remember and reweave. This five-week class is for women of any age, and especially for women who are approaching their midlife and the mystery of menopause. $120. Call 734-424-2744, bronwild@aol.com.

Goddess with Penny Weaver • Wednesdays, June 12-July 10; 8:30-10 p.m. • This four-week course uses experiential methods. Penny will help your progress to utilize the power of your intuitive side while helping you understand and remove karmic debt. For cost, call 248-374-1070; pennyweaverj@aol.com.

Women's Retreat co-sponsored by Essence Point and Gateways • Aug. 18, 10-5 • Join us in this special event created to allow women to experience the empowerment achieved by connecting with each other at a heart level, participating in rituals for healing the feminine spirit and creating in ways that focus and release. A day for celebration, joy and renewal in mind, body and spirit. $35. Call Lorna Brown at 734-428-8748.

Work & Right Livelihood

Live Your Career Dream with Melanie Fuscaldo • Part 1: May 6, Noon-1:30; Part 2: May 13, Noon-1:30 • Begin to identify your unique career dream and action steps to create it in your life. $25 per session. Call 668-2733.

Ann Arbor Institute of Massage Therapy Career Presentation with Jocelyn Granger and Jane Anderson, Co-owners and Instructors • June 2 and Aug. 17, begins promptly at 10 a.m. and will finish at Noon • Find out what it takes to become a massage therapist! We'll begin with an information presentation, followed by a question and answer period. Refreshments, door prizes and a free seated massage! No charge. RSVP at 677-4430, ext. 21 or fax 677-4520, www.aaimt.com or aaimt@earthlink.com.

Writing & Poetry

Moontree performed by Elizabeth Alberda • May 4, 7:30 p.m. at Genesis Center of Ann Arbor, St. Claire's Episcopal Church and Temple Bethel • An offering of poems to open a portal to bring in feminine energy for the Earth. Donations appreciated. (No phone given for more information.)

Writing Practice: The Art of Showing Up On the Page with Jill Blixt • Six Thursdays beginning May 2, 9-Noon • Writers often struggle with consistency - how to create a structure that helps them break out of procrastination, perfectionism and fear. This workshop is for those individuals who have a current writing project. Mornings will begin with writing "warm-ups", followed with personal project writing time. This workshop is for individuals who want to create momentum and personal accountability in their writing practice. $30 per week includes brunch and materials. Call 665-4577; jillblixt@aol.com.

Giving Voice to Your Soul: Writing as Spiritual Practice with Jill Blixt • June 8, 9-Noon • We thirst for the deepest part of ourselves. That still small voice that holds our truth, our dreams and our gifts. Writing practice can quench that thirst. Learn the tools to help you consistently tap the pool of your inner wisdom and creativity. This workshop is for anyone who yearns to write; all that's required is willingness. $30. Call 665-4577, jillblixt@aol.com.

Illustration by Nicole Macdonald

Yoga

Gentle Yoga with Christy DeBurton • Wednesdays, 10-11:15 a.m. • Join us at S. Joseph Mercy Health Stop at Briarwood Mall for a relaxing yet energizing yoga practice. Re-enter your week with a renewed sense of peace and well-being! For cost, call 761-8409, cdeburton@hotmail.com.

Power Yoga, Kundalini Yoga and Gentle Yoga Classes with Christy DeBurton • Ongoing morning and evening sessions • For complete information, call 761-8409, cdeburton@hotmail.com.

Level 1, Level 1-2, Level 2 and Level 2-3 Hatha Yoga Classes with Inward Bound Yoga Teachers Cathy King, Martha Laatsch, Lynette Smith and Dennis Vogt • For brochure, call 327-4963, kingcm@dmci.net.

Astanga Yoga with Jonathan Tyman of Inward Bound • Saturdays, 8:15-10 • For complete information, call 996-4549, tyman@umich.edu.

> There is no evil in the universe which is not the result of ignorance, and which would not, if we were ready and willing to learn its lesson, lead us to a higher wisdom, and then vanish away.
>
> - James Allan

Deep Stretch with Cathy King of Inward Bound • Wednesdays, 4:30-5:30 p.m. • For complete information, call 517-592-8017, kingcm@dmci.net.

Kripalu Wake-up Yoga with Dorothy Ann Coyne of Inward Bound • Tuesdays, 7:30-8:30 a.m. • For complete information, call 930-0192, bernidot@aol.com.

Wake-up Yoga with Barb Linderman of Inward Bound • Wednesdays and Fridays, 7:30-8:30 a.m. • For complete information, call 971-8562, gfl@umich.edu.

Postures to Sacred Music with Barb Linderman of Inward Bound • Thursdays, 5:30-7:15 p.m. • For complete information, call 971-8562, gfl@umich.edu.

Kripalu Yoga with Dorothy Ann Coyne of Inward Bound • Tuesdays, 9:30-11 a.m. and Thursdays, 10-11:30 a.m. • For complete information, call 930-0192, bernidot@aol.com.

Prenatal and Postnatal Yoga with Marlene McGrath of Inward Bound • Prenatal class: Fridays, 9-10:30 a.m.; Postnatal: Fridays, 10:45-12:15 p.m. • For complete information, call 930-1970, marmamalia@yahoo.com.

Yoga for Kids with Barbara Brookens-Harvey of Inward Bound • Thursdays, 4:15-5:05 p.m. • For complete information, call 994-6130, billbarbmo@aol.com.

Gentle Flow with Lynette Smith of Inward Bound • Tuesdays, 4:30-5:30 p.m. • For complete information, call 995-0741, lynettes@umich.edu.

Yoga Class through Zen Buddhist Temple • Six Tuesdays beginning May 28 and July 2; Yoga I (for absolute beginners) 6-7:15 p.m., Yoga II 7:30-9 p.m. • Beginning and experienced students in the classes learn traditional yoga postures (hatha yoga) with an emphasis on relaxation, concentration and working with the breath. The instructor was trained by the Sivananda Yoga Organization, and combines that experience with meditation training. Classes fill quickly, so register early. $50 for six sessions. Call 761-6520; a2buddha@aol.com.

Yoga, Relaxation and Breathing Workshop through Zen Buddhist Temple • June 1, 10 a.m.-4 p.m. • Also includes talks, sitting and walking meditation and a vegetarian lunch. $60. Call 761-6520; a2buddha@aol.com.

Yoga for Adults with Ema Stefanova • Sundays 5-6:30 p.m., Mondays 4:45-6:15 p.m. or 6:30-8 p.m., Wednesdays 6 p.m. • Mixed level excellent for total beginners. These classes are designed for students to develop total fitness - meaning not only a healthy body but also emotional stability, stress management and heightened mental awareness. For cost, call 665-7801, emastefanova@cs.com or www.yogaandmeditation.com.

Yoga for Moms/Dads with Little Ones with Ema Stefanova • Thursdays, 10:30 a.m. • This class includes postures, breathing techniques and relaxation focusing on the parents. Fun atmosphere for the kids. For cost, call 665-7801, emastefanova@cs.com or www.yogaandmeditation.com.

Satsang: Yoga and Meditation Question and Answer Session with Ema Stefanova • Ongoing Sundays, 6:30 p.m. • The question and answer sessions will help you understand yoga and meditation better and improve your personal practice. Suitable for yoga student, yoga teachers and all others interested. Drop-in okay, but please pre-register. For cost, call 665-7801, emastefanova@cs.com or www.yogaandmeditation.com.

Yoga Nidra: The Art of Relaxation with Ema Stefanova • Saturdays, 3-6 p.m.; Sundays 10 a.m.-1 p.m.; dates to be announced • Yoga nidra is a systematic method of inducing complete physical, mental and emotional relaxation. The term yoga nidra is derived from two Sanskrit words meaning union or one-pointed awareness and sleep. During its practice, one appears to be asleep, but the consciousness is functioning at a deeper level of awareness. Yoga nidra is often referred to as psychic sleep or deep relaxation with inner awareness. For cost, call 665-7801, emastefanova@cs.com or www.yogaandmeditation.com.

Yoga Day with Ema Stefanova • Sundays, 9:30-4:30; dates to be announced • Relax and recharge in a positive and meditative yoga environment doing traditional yoga postures with the emphasis on breath awareness and relaxation. Total beginners welcome. Organic macrobiotic lunch provided. For cost, call 665-7801, emastefanova@cs.com or www.yogaandmeditation.com.

Level I (Beginning) Yoga Class with David Rosenberg through Ann Arbor Public Schools Community Education and Recreation • 8 Saturdays, June 22-Aug. 17; 1-2:30 p.m. • Learn beginning yoga postures. I teach Iyengar style yoga with an emphasis on precise alignment in the postures. We work on strength, balance and flexibility. Classes are physically rigorous, but with periodic breaks. Postures are modified for students with physical limitations. $72 or $60 for residents. Call 662-6282; massage4@aol.com.

Level I/II (Beginning/Intermediate) Yoga Class with David Rosenberg through Ann Arbor Public Schools Community Education and Recreation • 8 Saturdays, June 22-Aug. 17; 11:15 a.m.-12:45 p.m. • Learn beginning and intermediate yoga postures. I teach Iyengar style yoga with an emphasis on precise alignment in the postures. We work on strength, balance and flexibility. Classes are physically rigorous, but with periodic breaks. Postures are modified for students with physical limitations. $72 or $60 for residents. Call 662-6282; massage4@aol.com.

Level II/III (Intermediate/Continuing) Yoga Class with David Rosenberg through Ann Arbor Public Schools Community Education and Recreation • 8 Saturdays, June 22-Aug. 17; 9:30-11 a.m. • See above description. $72 or $60 for residents. Call 662-6282; massage4@aol.com.

Level I (Beginning) Yoga Class with David Rosenberg through Ann Arbor YMCA • 7 Saturdays, July 7-Aug. 18; 2:15-3:45 p.m. • Learn beginning yoga postures. I teach Iyengar style yoga with an emphasis on precise alignment in the postures. We work on strength, balance and flexibility. Classes are physically rigorous, but with periodic breaks. Postures are modified for students with physical limitations. $65 for non-members. Call 662-6282; massage4@aol.com.

Level II (Intermediate) Yoga Class with David Rosenberg through Ann Arbor YMCA • 7 Saturdays, July 7-Aug. 18; 12:30-2 p.m. • Learn intermediate yoga postures. I teach Iyengar style yoga with an emphasis on precise alignment in the postures. We work on strength, balance and flexibility. Classes are physically rigorous, but with periodic breaks. Postures are modified for students with physical limitations. $65 for non-members. Call 662-6282; massage4@aol.com.

Teachers, Lecturers, Workshop Leaders and the Centers

Aaron "was a Buddhism monk and scholar in previous lifetimes. In his final lifetime, he was a Vipassana meditation master in the Theravadin tradition." Five books of Aaron's teachings have been published.

Carol Lynn Abramson was formally educated in both the fine arts and biological sciences. She has evolved from a full-time muralist into an artist doing her original works, focusing on her connection to spirit and spiritual growth.

Betsy Adams has had 25 years experience working with wildlife and companion animals. She uses natural healing modalities, including homeopathy, Reiki and animal communication.

Jeanne Adwani has had a working relationship with the Tarot since the early 1970's. "I feel the Tarot is a tool to deepen my relationship with myself, as well as the possibility of that for others. It is my hope to use the Tarot as a spiritual, therapeutic process."

Laurie Akerros has a master's degree in psychology and is a licensed massage therapist and bodyworker. She is also one of the 75 teachers worldwide of Esoteric Healing. In her private practice, she combines many modalities, including cranial sacral therapy, bodywork, Esoteric Healing, aromatherapy oils and vibrational remedies.

Elizabeth Alberda brings the spiritual realm into focus through 20 years teaching writing and literature, 25 years of experience in bioenergetics, Mystery school with Jean Houston, and Shamanic training in soul retrieval. She has an MA in Literature from Syracuse University.

Jane Anderson is co-founder of the Ann Arbor Institute of Massage Therapy, and founder of the Ann Arbor Therapeutic Massage Clinic. She has had extensive advanced training in a wide range of modalities, including certification in Muscularskeletal Injury Evaluation, Manual Lymph Drainage, and Myofascial Therapy. She teaches classes in meditation, anatomy, physiology, palpation, Maniken™, and workshops in Myofascial Therapies, Shiatsu and Sports Massage.

Kyrai Antares has conquered anorexia and bulimia. Her unique system of recovery/discovery, outlined in her new book, *Finding a Break in the Clouds*, combines self-revelation with healing the wounds of the disorder.

Ann Arbor Authentic Movement Group is a member facilitated group of dancers who come together to practice Authentic Movement. The common roots of its members are in the study and practice of Contemplative Dance.

Ann Arbor Institute of Massage Therapy's instructors are members of the American Massage Therapy Association and are certified by the National Certification Board for Therapeutic Massage and Bodywork. Their range of experience varies from 3 years to 18 years.

Lauren Artress is the author of *Walking A Sacred Path: Rediscovering the Labyrinth as a Spiritual Tool*. She is president and executive director of Veriditas: The World-Wide Labyrinth Project, which is dedicated to reintroducing the labyrinth in its many forms as a spiritual tool. Veriditas is based at Grace Cathedral in San Francisco, where Lauren is an Episcopal priest and canon for special ministries. She leads pilgrimages to Europe with a special focus on walking the labyrinth in Chartres Cathedral in France.

Astrology Study Group is an informal and friendly gathering of serious astrology students who use their association for networking, engaging speakers, book recommendations, and astro-babbling (cheerfully chatting about astrology).

Leland Austin, MA is a Certified Advanced Rolfer, and has practiced Rolfing in San Francisco and Ann Arbor for 17 years. He has also studied craniosacral therapy.

Rita Benn, Ph.D. is the Director of Education at the Complementary and Alternative Medicine Research Center. She is trained as a clinical psychologist and is an Assistant Research Scientist at the Institute of Research on Women and Gender at the University of Michigan.

Jerry Berbaum, DC is an alternative health care provider of over 30 years. He now teaches his Sacred Journey workshops, based on an emotional release technique that is the result of many years of research and prayer. He also follows the Red Road of Native American spirituality.

Rose Beres is the owner of Ageless Wisdom, in Plymouth, Michigan, where she offers classes in aromatherapy, herbal supplements and flower essences, as well as self-hypnosis. She is also a Reiki Master.

Cheryl Beshada and Frank Garfield both began teaching hypnosis more than 12 years ago. They both maintain full time professional hypnotherapy practices at Clinical Care Network in Sterling Heights, Michigan.

Illustration by Nicole Macdonald

Barbara Billey is a registered dietician, dance artist, holistic educator, and a PhD candidate in Counseling. She is a Qigong practitioner, and she is a founder of the Wellness Coalition of Windsor and Essex County.

Kristin Blackburn, MSW, CSW is a psychotherapist who specializes in working with women regarding relationship, life transition, and family of origin issues, including childhood abuse and neglect.

Jill Blixt is a creativity and life coach, motivational speaker and working writer/artist. In addition to individual coaching and personal development workshops, she regularly presents creativity training sessions to the business, non-profit and educational communities. Blixt has studied with leaders in the creative and metaphysical fields including Julia Cameron, Mark Bryan, Natalie Goldberg and Lazaris.

Kathy Bloch was born and raised in Hawaii. She has studied the Tarot since 1980 and has read professionally in Ann Arbor for several years. She is an assistant to a technical writer and does Tarot readings in the Crazy Wisdom Tea Room.

Bob Bodi has studied at Tom Brown's Wilderness Awareness School. He is a volunteer Naturalist for the Toledo Area Metroparks and the Maumee Bay State Park.

Judith Bonini, ihm is an experienced spiritual and retreat director. She invites people to enter more deeply into the mystery of God as revealed in their lives. She brings a background of parish work, hospital chaplaincy and overseas ministry.

Linda L. Brake lives and practices Gem and Color Therapy in Dayton, Ohio. She has studied with Dr. Mahesh Chauhan, who is a Gem Therapist practicing this ancient art in India. While in India, she studied other healing modalities and holds a certificate in Pranic Healing.

Michael Bratcher, NCTMB combines energy work with therapeutic massage. The modalities that he has studied include Reiki III, Healing Touch, Polarity Therapy and Chinese Energetic Medicine.

Patty Brennan is a midwife and health educator with over 19 years of experience working with pregnant women and their families. She is the Executive Director of The Holistic Midwifery Institute, and author of *Guide to Homeopathic Remedies for the Birth Bag* and *Vaccine Choices, Homeopathic Alternatives and Parental Rights: A Sourcepack of Information for Healthcare Consumers and Concerned Parents*. She has been self-employed for 22 years.

Genie Britt is a disciple of Kwong Yu, the fifth generation master of the Wu family, and has been teaching and promoting this style in the Detroit area for over 10 years.

Barbara Brodsky is the founding teacher of Deep Spring Center, which offers non-denominational spiritual teachings and practice. She is an ordained Interfaith Minister. She has been practicing meditation since 1960 & teaching since 1989. Her teaching draws from dual roots in the Buddhist & Quaker traditions. She became totally deaf in 1972; living with silence has greatly influenced her life & teaching. Barbara is also a channel for the spirit, Aaron. She is married and the mother of three children.

Lorna Brown has been presenting seminars and workshops in meditation, altered states, metaphysics and the spiritual journey since 1972. She is a Melchizedek priest, and teaches workshops that emphasize transformation and integration. She serves as a spiritual coach and healer, and performs personalized wedding ceremonies.

Brodie Burris has been a lifetime student of the Martial Arts and Eastern philosophy. He has a masters degree in Traditional Chinese Medicine from a four-year program of study in San Francisco. He has been living and practicing here in Ann Arbor for the last four years.

Chris Campbell began his T'ai Chi training over 14 years ago, and continues to train with Chungliang Huang. He recently opened his T'ai Chi studio, *Inner Truth Center*, and continues his work with corporations for the well-being of their employees.

Community Supported Anthroposophical Medicine is a not-for-profit organization dedicated to providing patient care, education and research in Anthroposophically-extended Internal Medicine. The Rudolf Steiner Health Center, being founded this year, will be the first Anthroposophical therapy center in North America which offers overnight stays.

Teachers, Lecturers, Workshop Leaders and the Centers

Bruce Conforth, Ph.D. is Director of Jewel Heart, and has been a student of Gelek Rimpoche since 1995. He holds a PhD in Transpersonal Anthropology.

Cynthia Conklin has been a professional Shiatsu Therapist in Ann Arbor for over two years. She trained with Kazuko Kuratomi, founder of Kuratomi Therapy; Carola Beresford-Cooke, Co-Principal of Shiatsu College in London; and locally with Frances Farmer, a graduate of the Ohashiatsu Institute of New York. She continues her studies at the Ohashiatsu Institute.

Dottie Coyne of Deep Spring Center has considerable meditation and teaching experience. She is part of the Deep Spring Center teacher training program. She also teaches yoga in Ann Arbor through Inward Bound.

Judy Crookes is a professional channel who has channeled Jacob for six years. Jacob does private consults, classes, healing sessions, weekends and writes articles. Based in Ann Arbor, she travels to present Jacob to audiences across the U.S.

Ann Lyneah Curtis has been creating and teaching life castings for others since 1979. Her work extends from simple face masks to complex double bodies. Ann is a Texas artist who exhibits nationally and visits Michigan in August to show finished works and share her knowledge of this ancient art.

Christy DeBurton is a certified and registered interdisciplinary yoga teacher who trained at the Omega Institute for Holistic Studies in New York. She has been teaching yoga since 1998.

Deep Spring Center for Meditation & Spiritual Inquiry is a non-profit organization devoted to offering non-denominational teachings of non-duality and the meditation practices which support the teachings. It is run by a Board of Directors. Barbara Brodsky is the guiding teacher. As part of its work, the Center offers the channeled teachings of Aaron, a discarnate entity.

Nancy Denenberg, MPT is a physical therapist and *Guild Certified Feldenkrais Practitioner*. Drawing from 15 years of private practice, she "offers careful and insightful instruction which provides a deeply supportive environment for learning". She has special interests in teaching people about walking, women's health and rehabilitation from stroke.

Eileen Dickinson has been a certified Trager® Practitioner for three years. She has been a physical therapist since 1975.

Kate Durda and ***Stephanie Tighe***, both shamanic practitioners, present workshops on Shamanism in the U.S. and Canada. They are the founders of SpiritWeavers, an organization dedicated to providing experiential training in shamanism, and offering shamanic healing to the mid-Michigan community.

Erica Dutton, RN, MS, CS is a professional nurse and therapist with over 20 years experience as clinician, educator and therapist. She specializes in counseling people with chronic illness and pain. She publishes a newsletter, Living Successfully, Your Resource on Chronic Illness. She has also lived with chronic illness for 18 years.

Ryan Edwards "is a teacher of patience and respect". His drumming classes nurture beginners and challenge those more advanced. His journey with the balafon has taken him many times to Africa, to study with the true masters of the tradition. He has also studied in New York City, Boston and Michigan.

Mateyo Empie, the Medicine Woman, has been studying metaphysical disciplines in Peru, India, the United States, and elsewhere, for over 30 years. A certified polarity therapist, ordained minister, healer and leader of vision quests, she also weaves skillfully and throws original ceramics, holding a degree in the fine arts. She has taught self-development for over 15 years, concentrating on the traditions of Peru, especially the esteemed Q'ero of the High Andes.

Essence Point Spiritual Center is a non-profit spiritual network dedicated to supporting inner joy, and was created from like-minded individuals who met as a result of being connected with John Friedlander's work in some way. The network offers the community meditations, classes and presentations with an emphasis on spiritual and healing energies.

Diane Evans is a retired public school teacher. Specializing in the areas of interpersonal and intrapersonal communication, she has done intuitive/psychic readings and counseling since 1995. Currently, she maintains a private practice, does intuitive/psychic readings in the Crazy Wisdom Tea Room, and works part-time at Crazy Wisdom Bookstore.

Linda Diane Feldt, RPP, NCTMB, NC, is a Holistic Health Practitioner. A student of the healing arts since 1973, she is the founder, Director and Coordinator for the Ann Arbor Center for Holistic Health and Traditional Wisdom. She has served as President of The American Polarity Therapy Association. She has taught herbology for 5 years at The People's Food Co-op.

Bon Rose Fine is a member of the American Federation of Astrologers, the International Society for Astrological Research, and the Michigan Federation of Astrology. She is the owner of The Cosmic Computer—Astrological Chart Service, and does astrological consultations.

Sandy Finkel, MPH is co-founder of Jewel Heart Center for Tibetan Buddhism and Culture, and has over 20 years experience with meditation and Tibetan Mind Training. She is the owner of *Lifeskills Coaching*, which works with businesses, groups and individuals. She holds a Masters Degree in Public Health.

Lori Fithian brings a broad range of musical experience to her classes, workshops and "Drummunity Circles", empowering people and building community through the drum.

Flowering Tree Lodge is a teaching lodge of the Deer Tribe Sweet Medicine SunDance Path based in southeast Michigan. It is led by Debbie Mast and Tim Fools Bear, Roadpeople and 16-year apprentices to the Sweet Medicine tradition. The Lodge sponsors workshops, experiential activities, and earth-centered events for families and individuals.

Felicity Foster has 4 years' experience as an instructor of Qi Gong, and 24 years of experience in Transcendental Meditation.

Antonio Francesco is a sculptor, dancer and ceremonial artist. He leads seminars promoting full expression of the deep creative spirit through free form and ritual movement.

John Friedlander is an internationally recognized psychic, author and teacher, with degrees from Duke University and Harvard Law School. He has studied with Jane Roberts in her Seth class, and at the Berkeley Psychic Institute with founder Lewis Bostwick. His latest book is *Basic Psychic Development: A User's Guide to Auras, Chakras & Clairvoyance*, and it is available at Crazy Wisdom.

Melanie Fuscaldo, LPC, NCC is a Licensed Professional Counselor with a National Counseling Certification. Her mission within her private practice is to help individuals live their dreams and enhance their happiness using the inner wisdom of their body, mind and spirit.

Sally Gabany is a wife, mother and grandmother, and an experienced spiritual director. She believes that there are many pathways to spirituality. Seeing all creation as threads, connections in the fabric of life, she believes in affirming the pathway of each unique individual.

Jessica Galbreth studied fine arts at the University of Toledo. She majored in painting with a focus on the human figure. Her love of fantasy began at a very young age. When it came time for her to start her own professional art career, it seemed only natural that she dedicate herself to the fantasy and mythological art she loves so much. She started off with a small collection of fantasy paintings. At the prompting of friends, she posted her work on-line and has since been gathering momentum. She is now well-known in fantasy art circles.

Peggy Garrigues-Cortelyou is the founder and facilitator of EarthSong Seminar. She offers workshops, classes and training on connecting the healing power of nature with our daily lives and work. She is an ordained pastor in the United Methodist Church.

Bronwen Gates, PhD is a healer and nature mystic, a botanist and herbalist, who combines the discipline and knowledge from her formal training in Biology with her intuitive gifts as a shaman and spiritual midwife. She has a practice as a holistic health and homeopathic practitioner, and spiritual therapist. She also makes available her own herbal salves and *Faerie Flowers* flower essences.

Gateways Center for Life Enrichment is a spiritual and holistic educational organization providing an eclectic variety of avenues with which to explore the body-mind-spirit. The center offers ritual and ceremony to warm the spirit; workshops and seminars to open the heart and engage the mind; and health oriented classes and services to support the body on its journey.

Gelek Rimpoche is the spiritual director and founder of Jewel Heart. He was carefully tutored by Tibet's greatest living masters, and he is a member of the last generation of lamas to be born and fully educated in Tibet. Gelek Rimpoche is particularly distinguished for his knowledge of English, his understanding of contemporary society, and his skill as a teacher of Buddhism in the West. He is now an American citizen.

Photo by Linda Lawson

Nanci Rose Gerler holds a channeling evening at Crazy Wisdom on the first Monday of each month.

Nanci Rose Gerler is a professional intuitive counselor, using her abilities as a psychic, medium, channel and energy healer. She offers private sessions of psychic readings and channeled messages for personal and spiritual growth. Her practice, Crystal Clear Expressions, is located in Ann Arbor. She holds a monthly channeling evening at Crazy Wisdom Bookstore.

Aura Glaser is one of the foremost students of Tibetan Buddhist Master Gelek Rimpoche, and a co-founder of Jewel Heart. She is a dharma teacher, holds a Ph.D. in clinical psychology, and has had a private psychotherapy practice for ten years. She was the owner of Crazy Wisdom Bookstore from 1982-1989.

Cindy Glovinsky is a psychotherapist and professional organizer in Ann Arbor. She has presented at the National Association of Professional Organizers; the national conference for adults with ADD; at the Turner Resource Center for Senior Citizens; and she is the program director of the National Study Group on Chronic Disorganization. She is the author of *Making Peace with the Things in Your Life*.

Ray O. Golden, MSE, is a Reiki Master trained in the traditional Japanese manner by Dr. Gabriel Cousens. The opening of his healing and spiritual abilities was facilitated by his work with his spiritual teachers, Michael Silverman and Dr. Brenda Morgan. He is the founder of the Center for Intuitive Health, and he teaches with the Practical Psychic Center of Ann Arbor.

Jan Goldstein is an ordained rabbi and educator honored by Johns Hopkins University, and the Secretary of Education; a produced playwright; and a published poet who was selected for inclusion in *The World's Living Poets*. Goldstein is the author of a new book, *Life Can Be This Good: Awakening to the Miracles All Around Us*.

Karen Gottschalk is a Masters level psychotherapist who works with couples and individuals seeking to enrich their intimate relationships. She has a private practice in Ann Arbor and Canton.

Stedman Graham is a motivational speaker, and the soul-mate of Oprah Winfrey.

Teachers, Lecturers, Workshop Leaders, and the Centers

Photo by Linda Lawson

Alice Greminger teaches the Alexander Technique.

Jocelyn Granger is co-founder of the Ann Arbor Institute of Massage Therapy, and a partner of the Ann Arbor Therapeutic Massage Clinic. Since 1982, she has had extensive experience in her private practice and training in massage therapy, including advanced certification in Sports Massage and Neuromuscular Therapy. She also instructs students in anatomy, physiology, palpation and Maniken™.

Robin Graubarth, BFA, MPH, MA offers individual and group services, coaching and consultations that focus on Authentic Movement, creative process, embodied spirituality and transpersonal psychology. She has studied with many leaders and teachers since the 1970's in psychospiritual development, movement, art, ritual and healing.

The Great Lakes Pathwork is a non-profit educational organization that promotes spiritual & personal growth. The Pathwork is a spiritual path of self purification and transformation, a way of life that takes place through the study and application of the Pathwork lectures.

Alice Greminger is certified by the Alexander Foundation of Philadelphia, and has been teaching Alexander Technique since 1985. Her experiences as a performer and teacher of cello, and training in ballroom dance, Reiki, T'ai Chi and Neuro-Linguistic Programming, add to her work as an Alexander teacher.

Craig Harvey has been involved in world healing meditations for many years, and individual/group energy work for three years.

Celeste Hill has studied, and works to practice and live, the ideas of Gurdjieff and Ouspensky for some years.

Ubaka Hill is a well-known percussionist, poet, and performance artist.

Laurie Hodder-Davis, RNC is a Women's Health Nurse Practitioner, and Certified Regional Trainer for the NeoNatal Resuscitation Certification program. She has 14 years experience in neonatal intensive care, including transport and stabilization of high-risk and critical neonates. She has worked for 24 years in both high-risk and low-risk obstetrics in Michigan.

Pat Hoff is an art teacher, painter, and graphic artist, and has a B.A. in English and a M.S. in Art Education.

Maria Housden's new book is *Hannah's Gift*.

Barbara Marx Hubbard is the nationally recognized author of *Emergence—A Shift From Ego to Essence; Conscious Evolution; Evolutionary Journey; Hunger of Eve: One Woman's Odyssey Toward the Future*; and *Revelation: A Passage of Hope for the New Millennium*.

Robert Hughes has been studying alternative healing modalities since graduating from the U of M in 1992. He augmented his studies with 2 years in residence at a healing arts school, The Heartwood Institute, where he was class valedictorian. He has been practicing and teaching Qi Gung and Reiki since 1997.

Inward Bound *consists of* ***Barbara Brookens-Harvey, Dottie Coyne, Cathy King, Martha Laatsch, Barbara Linderman, Marlene McGrath, Lynette Smith, Jonathan Tyman, and Dennis Vogt.*** Inward Bound offers a variety of approaches to the ancient discipline of yoga. The instructors draw upon their experience with many traditions & teachers. All classes emphasize integrated breathing techniques & include a period of relaxation. ***Barbara Linderman*** is the program director of Inward Bound.

Kathleen Ivanoff has been a student of Gelek Rimpoche since 1988. She has taught White Tara meditation at Jewel Heart centers across the United States. She has been head of the Jewel Heart transcription program.

Mary Jeng and ***Papa Hanne*** are from Senegal, West Africa. They have both studied dance, in Senegal and New York City. They have also toured with ballets from Senegal.

Rachel Jensen earned her BFA from U of M, with an area of specialization in ceramics; she is a master in her own right of the coiling technique. She is now developing extensive handbuilding offerings at Yourist Pottery Studio.

Jewel Heart is dedicated to the preservation of Tibetan Buddhism and to the practice of its rich tradition within the context of contemporary life. Jewel Heart sponsors public talks and teachings by its spiritual director, Gelek Rimpoche. Meditation instruction, retreat weekends and Lam Rim teachings are also scheduled throughout the year.

Julie Tallard Johnson is a psychotherapist and mentor of teens and young adults. She began her practice of meditation at the age of 16, and has traveled to such places as Australia and Bali to gather wisdom. She has written five books for teens, including: *The Thundering Years: Rituals and Sacred Wisdom for Teens*; *Making Friends*; *Falling in Love*; and *Understanding Mental Illness*. Her new book is called *I Ching for Teens*. She lives in Spring Green, Wisconsin, with her partner and their daughter.

Carol Karr has been an eclectic witch for over 20 years, and is one of the managers of Crazy Wisdom Bookstore. ***Heather Karr***, her daughter, is following her mother in tradition.

Sandy Kaye is a certified hypnotherapist, Reiki practitioner, and CranioSacral therapist.

Mary Bea Keeley, ihm has experience as both a retreat and spiritual director. In addition, she has served as a spiritual counselor at an addictions treatment center. She values helping persons spend time with their experiences; reflect on what the experiences touch within them; and pay attention to how God is present in them.

Shala Kilmer has been a channel and medium since 1986. An ordained Spiritualist minister, she teaches development classes, and conducts private channeled readings with an emphasis on healing one's life. Channeled sessions with St. Germain are offered for removing blocks that come from previous lives.

Dan Kinzinger is a second degree Reiki healer. He has studied various forms of healing for the past 25 years and has worked with groups doing guided meditation and creative visualization. He has worked under the guidance of Jonathan Ellis studying spiritual consciousness for the past several years.

Carole Kirby, ACSW has 25 years experience as a therapist and inspirational teacher. She is a certified Imago therapist/coach and workshop presenter of Getting the Love You Want Couples Weekends. She believes we have the potential to be fully alive, to learn, to grow, and to feel a deep connection to ourselves and to others. She appreciates diversity and gives workshops for heterosexual couples, for Lesbians and Gays, and for single individuals.

Cindy Klement is a certified nutritional consultant, certified iridologist and iridology instructor, certified herbalist, certified natural health professional, health educator, and energy healer. She has been in private practice since 1983.

Susan Klimist has considerable meditation and teaching experience. She is part of Deep Spring Center's teacher training program.

Patricia Kramer is a Women's Healthcare Nurse Practitioner, and a Homebirth Midwife.

Lucinda Kurtz is a graduate of the Barbara Brennan School of Healing, and is a certified Hands of Light Energy Healer. She uses a combination of bioenergetic techniques, shamanic journeying, and energy healing in her private practice in Ann Arbor.

Laurie Krauth, MA, LLP is a seasoned therapist working with individuals, couples and groups. She specializes in women's issues, gay and lesbian clients, and EMDR.
She practices with supervision by Zona Scheiner, PhD.

Steve Kronenberg has been a long time student of Gelek Rimpoche, and he has a Masters degree in Tibetan Language.

Morris Lawrence has 24 years of training in Shotokan Karate. He is a 4th Dan Blackbelt.

David Lawson of Deep Spring Center has considerable meditation and teaching experience.

Linda Lawson, MA, LLP has been working with children and their families for over 15 years. She currently has a private psychotherapy practice in Ann Arbor, where she sees children, adolescents, adults and couples. She is also a talented free-lance photographer, contributing wonderful photos for *The Crazy Wisdom Calendar*.

The Lighthouse Center is a non-profit center for spiritual development founded by Catherine Chetana Florida. It offers ongoing classes, and programs in spiritual development, meditation, Reiki and related topics.

Michele Loewe is a naturopathic physician who practices medicine at the Huron Valley Naturopathic Clinic.

Debbie Mast, RN, MSN has been a qualified Sweet Medicine SunDance instructor for 11 years, and incorporates wisdom from both western medicine and shamanic traditions in her work as a therapist and healer. She is co-leader of the Flowering Tree Lodge in Michigan, and the founder of the Women's Hoop, a ceremonial group for women now in its 11th year.

James McDonald teaches throughout southeastern Michigan about the traditional uses of medicinal plants, focusing on indigenous, eclectic and traditional western herbalism. He has studied with Matthew Wood, Stephen Bruhner, and Rosemary Gladstar, and he has been an "ardent student of the most learned teachers of herbcraft...the plants themselves".

Anita McKay, trained in fine arts and healing, has spent recent years developing an already strong intuition into a reliable clairvoyance. She does psychic art and healing energy work.

Quentin McMullen received his medical degree from LSU School of Medicine in New Orleans, and his Internal Medicine training at Reading Hospital in Pennsylvania. He trained in Anthroposophical medicine at the Filderklinik in Germany, as well as the Lukas Klinik in Switzerland. He and his wife Molly are the principal physicians at Community Supported Anthroposophical Medicine in Ann Arbor.

Kevin Meisel is a Masters level psychotherapist who works with individuals, couples and families. His special interests include working with couples to empower and enrich their relationships. He has a private practice in Canton.

Lynn Meadows is a Certified Feng Shui Consultant and has studied with many internationally known teachers from the various schools of Feng Shui. She combines a background as a business manager and teacher of fashion and interior design.

Chris Meier is a Lightworker committed to bringing forth the Pure & Perfect Pattern. He has been a Flower of Life facilitator since 1999.

Majida Sylvia Middlebrooks and ***Siddiq John Middlebrooks*** have been students of the Sufi path of the heart since 1983, and have taught the Dances of Universal Peace for the past 12 years. Siddiq John is a recognized teacher in the Sufi Islamia Ruhaniat esoteric school in the tradition of Murshid Samuel L. Lewis and Hazrat Inayat Khan.

Paul Militello is a professional drummer, drum maker and drum instructor.

Teachers, Lecturers, Workshop Leaders, and the Centers

Richard Miller has 25 years experience in traditional Chinese martial arts. He trained in Taiwan under Master Gao Dao Shan, 1978-1979; in San Francisco under Master Adam Hsu, 1979-1991; and under He Jinbao. He established the Great Lakes Wushu in 1992.

Estela Monjo and ***Dan Dwyer*** co-direct Windrise Spirituality Center. Estela is a sculptor and a graduate of Shalem's Spiritual Guidance and Group Leaders program. Dan has a background in family therapy, as well as in mind-body-spirit healing and retreat direction for MDs. He is also a graduate of Shalem.

Kathy Moore is a board certified music therapist, who's been teaching voice and music for more than 15 years; and performing jazz, improvisational, original, and folk all along the way.

Brenda Morgan, Ph.D. has a 25-year background as a metaphysical healer and teacher, professor, spiritual catalyst and mentor. "I have been blessed with Inner Enlightenment/No Mind Within, and as a Westerner, I share this in a simple and straightforward manner." She resides in Ann Arbor while authoring two books on human and spiritual evolution.

Carol Morris is an artist and poet. Her one-of-a-kind greeting cards are sold at art galleries throughout the country. She leads collage workshops which are designed to inspire participants to create beauty from unexpected sources.

Rebecca Mullen, MSW has had a long and successful career in counseling and has been particularly interested in the practice of dream interpretation as a means of self-understanding. She has been influenced by Gestalt and Jungian therapy, and by the work of Stanislav Grof.

Janet R. Nagy, BSN, MPH, RN, DD is an elder, healer, teacher and ceremonialist. She has trained at Esalen Institute; and she has studied with Dr. Norman Sheely, Carolyn Myss and Barbara Brennan, as well as with many indigenous teachers.

Heather O'Neal spent her junior year in college studying in Kathmandu, Nepal. Today her career is designed around sharing her passions for Nepal. Twice a year she organizes customized tours trekking and exploring in Nepal.

John Orr is a former Theravadin Buddhist monk who spent eight years in monastic training in Thailand and India. He has been teaching meditation since 1979. He lives in North Carolina where he does transpersonal counseling, and teaches at Duke University.

Phyllis Perry, MSW, MFA founded New Options Town and Country Counseling, specializing in career and lifestyle transitions for women. Her website address is: crazywisdom.net/New Options.

Judy Piazza is a workshop facilitator, educator, music therapist and performer who travels nationally focusing on frame drumming, power of pulse, rhythm and indigenous singing. She has performed with Glen Velez and Ubaka Hill and is a member of the Michigan group *Repercussions*.

Sandy Pierani is a certified aerobic instructor, and is also certified in non-contact kickboxing. She has also studied West African dance for several years, including trips to Senegal and Ghana.

Practical Psychic Center of Ann Arbor is now led by *Ray O. Golden.* Golden is a Reiki Master, who has also studied Esoteric & psychic healing, nutrition, Zero Point Process Therapy, intuitive reading & channeling.

Jane Reading is a Flower of Life facilitator, and Director of Watersongs Institute, a water blessing ministry.

Richenda "Ricki" Reeves has completed all Levels of Competence through the Academy of Astrology, and was certified a Masters Level Astrologer after a two year intensive study program with Noel Tyl. She has lectured at various astrology schools and conferences, and her first book, *The Quindecile*, was released by Llewellyn Publications in March of 2001.

David West Reynolds is a University of Michigan Ph.D. graduate, and the author of *Apollo:The Epic Journey to the Moon*; *Star Wars:The Visual Dictionary*; and *Star Wars: Incredible Cross-Sections*.

Cheryl Richardson is the author of *Life Makeovers: A Practical and Inspiring Way to Improve Your Life One Week at a Time; The Self-Help Cards*; and *Take Time For Your Life.*

Gelek Rinpoche (alphabetized with the "G"s)

Raye Robertson is a Detroit-area astrologer/educator, and a member of the American Federation of Astrologers as well as the National Council of Geocosmic Research. She offers astrological charts, counseling, classes/workshops, and parties via her company, *3 Treasures Astrological Services.*

Katherine Rogers, MFA is a Certified Feldenkrais Practitioner with 15 years experience teaching art at the college level. She first became involved with the Feldenkrais Method as a way of managing chronic pain. She became a Feldenkrais practitioner after discovering not only the Method's effectiveness, but also its corollaries to both the educational and creative process.

Liora Rosen, MS, MA got her Masters in Clinical Humanistic Psychology from the Center for Humanistic Studies. She has worked with individuals, couples, families and groups in Ann Arbor, since 1996.

David Rosenberg has been to India to study yoga from the Iyengars. He has been teaching since 1993, and is certified. His classes are "challenging but infused with humor and fun".

Merilynne Rush and ***Mickey Sperlich*** are Ann Arbor midwives who have been practicing together since 1993. They attend 45-50 home births per year. Their office and meeting space are at the Midwifery Arts Center, where several other midwifery-related businesses are located. They are also mothers.

Hartmut Sagolla has been a student of Gelek Rimpoche since 1984. After living in a Dharma Center in Australia with Geshe Loden, he has moved to Ann Arbor to become a member of the Jewel Heart staff.

Frances Salvato of the Chicago School of Massage Therapy has advanced training in pregnancy and infant massage, energetic techniques, sports massage, cranial work and myofascial massage therapy. She is a CSMT instructor, and directs the school's advanced myofascial training.

Laura Sanders, ACSW is an adjunct faculty member at the U of M School of Social Work, and an expert in the treatment of sexual abuse. He has worked with hundreds of child, adolescent and adult survivors. She has designed and implemented an array of creative interventions that promote healing of the senses and the psyche.

Photo by Linda Lawson

Astrologer Richard Smoot

Linda Sayer, DC is co-owner of the multidisciplinary clinic, CCMT. She is a chiropractic physician who works towards the integration of the chemical, structural and spiritual/emotion of the individual. Applied Kinesiology, nutritional counseling and mind-body medicine are used in her practice. She is currently developing and writing about Spiritual Anatomy.

Darren Schmidt, DC, ND is a holistic doctor in Ann Arbor. He looks at the body as a whole, and treats the cause of a person's health problem, not just the symptoms. He uses nutrition, vitamins, chiropractic, herbs, homeopathy, and energy techniques to improve the health of clients.

Peggy Schmidt, IHM is an experienced spiritual and retreat director who appreciates the richness of various spiritual journeys. She is committed to holistic spirituality which includes feminist, cosmic and justice perspectives.

Bob Schramm is a member of the Oblates of St. Francis de Sales. He is a pastor of Sts. Simon and Jude parish in Saginaw, and he is founder of the Detroit-area Men's Wisdom Council.

Sexual Assault Crisis Center is a program of the Washtenaw County Public Health Department, and the Center has been assisting survivors of sexual violence since 1976.

Jewel Shelden is a professional psychic and hypnotherapist. She teaches classes on various metaphysical and occult subjects, and does conscious channeling for private clients and groups.

Audrey Simon has been a professional massage therapist for 20 years. She is certified in Bodywork for the Childbearing Year, and as an Infant Massage Instructor. The focus of her work is in the special needs of women during pregnancy, birth and postpartum.

Prema Lindsay Smith has been a massage therapist for over 25 years and taught at the AAIMT since 1984. In addition to Reflexology, she has trained in Neuromuscular, CranioSacral, Myofascial and Shiatsu Therapies, and she is certified in pregnancy massage. She is also a licensed RN.

Richard Smoot has been a practicing astrologer for 28 years, and is a registered Social Worker for the State of Michigan. He is a Certified Astrological Professional with the International Society for Astrological Research, and a Professional Member of the American Federation of Astrologers. He enjoys teaching students in astrology, writing articles for the general public, and holding group discussions in chart analysis.

Valerie Snowdon left her job in the corporate world six months ago to find her spiritual vocation. Her plan was to take a trip to Ireland to have wonderful mystical experiences and find her calling. Her plane was to leave September 12th. Instead she has stayed in Michigan, having "wonderful mundane mystical experiences" and she's found that she always had her calling, (there's no place like home). "I am a healer."

Peter Sparling is Artistic Director of the Peter Sparling Dance Company, and is a professor of Dance at the U of M.

Ema Stefanova has taught yoga and meditation in Europe and the United States since 1979, to groups and individuals of all ages. Her teaching style is based on her own practice and experience, as well as training with yoga masters in the lineage of Swami Shivananda of Rishikesh and Satyananda Paramahansa, the founder of the first yoga university.

Patricia St. Louis is an artist, poet, spiritual director, and former psychiatric nurse. She is also a Qigong practitioner, and a founder of the Wellness Coalition of Windsor and Essex County.

Judy Stone, CN, MSW is a certified nutritionist who specializes in wellness nutrition. She is also the publisher of Eater's Digest, an online newsletter at www.nutritionmagician.net. In addition to personal consultations, she also provides corporate wellness programs and training for health professionals in nutrition based healing.

Brian Swimme is the author of *Hidden Heart of the Cosmos*; *The Universe is a Green Dragon*; and *Universe Story: From the Primordial Era –Unfolding of the Cosmos.*

Margaret Szedenits is a graduate of the Ann Arbor Institute of Massage Therapy, and an instructor there. She is a Nationally Certified Massage Therapist. She is President and Government Relations Chair of the American Massage Therapy Association. She is also certified with the NCBTMB.

Nancy Ann Tappe is a psychic and aura reader, who first recognized and identified the indigo aura in the new children coming to the planet. Much of her work is presented in the book, *Indigo Children.*

Andrew Taylor is a child care worker by day, and a Life Coach/Self-Help Workshop Teacher by night. He graduated from Ohio University (in Athens, Ohio) having done a double major in elementary education and theater/speech. He is a life-long learner, a "Light Worker" and a Lover of Life.

Teachers, Lecturers, Workshop Leaders, and the Centers

Debbie Taylor, BS, CHT received her Bachelors Degree in Psychology from Wayne State. She has been a certified hypnotherapist since 1990. She is a member of the International Medical and Dental Hypnotherapists Association. She has been interested in metaphysics for 30 years.

Upland Hills Ecological Awareness Center is located in Oxford, Michigan.

Visitation: Center for Prayer and Spirituality offers a spacious natural setting that encompasses a barn-chapel and library, retreat houses and hermitages. Opportunities for individuals and groups include space for quiet, prayer, study, reflection, retreats, spiritual direction, supervision for spiritual directors and communal prayer. People of all beliefs are welcome.

Dwarko Von Sommaruga is one of the authors of the *Songs for the Journey Home* tarot deck and book. She is coming to the United States from New Zealand as a presenter at the International Tarot Conference in Chicago, in May. Her Tarot Deck is available at Minda Hart's Earth Wisdom Music, on East Liberty.

Cam Vozar, MSW is a psychotherapist in private practice. He has worked with men and their families for over 20 years. He has led and participated in numerous Men's Groups and is a Level II EMDR therapist.

Wendy Warrick is an experienced Feng Shui Practitioner who has studied with several nationally known teachers. Her interpretation of Feng Shui has evolved out of 15 years of experience working with homes, her Interior Design background, and intuitive abilities developed through spiritual practice. She has consulted on homes, offices, and places of spiritual practice.

Sharon Watlington was trained by the Upledger Institute, and is certified in CranioSacral, Integrated Manual Therapy, Therapeutic Myomassology, Reiki and Hypnotherapy.

Penny Weaver, PsyS, MA practices the new psychology of integration of mind, body and spirit. She is an LLP (Limited License Psychologist) psychotherapist, hypnotist, Reiki Master, Sekhem-Seichim Master Teacher, and teacher of meditation, Reiki and Sekhem-Seichim.

Weber Center is a retreat and conference center on the Dominican campus in Adrian, Michigan.

Ian White is a fifth generation Australian herbalist and naturopath, as well as the developer of the Australian Bush Essences. He has practiced as a naturopath for over 20 years, working specifically with flower essences for 16 years. He has presented at major medical conferences on cancer, and is the author of two books.

Mike Whitty, PhD is a futurist and life coach. He assists individuals and organizations in creating their futures. He also serves on the faculty of the University of Detroit. He is the editor of a published anthology entitled *Work and Spirit*.

Khita Whyatt,CMT is a certified Rolfer. She has been in private practice as a Rolfer for 13 years, and as a bodyworker for 15 years. She is also a senior practitioner in the exercise rehabilitation techniques of Joseph Pilates. She has worked extensively in the rehabilitation field with people from all walks of life, as well as with professional athletes, dancers and symphony conductors.

Suzy Wienckowski is a Reiki Master and Registered Massage Therapist. She has 21 years of experience in the healing arts including 14 years of teaching at massage schools in Washington, D.C. and Ann Arbor. Reiki has been the focus of her work for the past eight years. She teaches traditional Usui System of Reiki Healing and is a member of The Reiki Alliance.

Marianne Williamson is the nationally-known author of *Healing the Soul of America*; *Enchanted Love*; *Illuminata*; *Woman's Worth*; *Return to Love*; and dozens of self-help and spiritually-focused audios.

Ryan R. Wilson has extensive training in 27 varied healing modalities, including four years study in naturopathic medicine. A black sash in Kung Fu/Tai Chi, Qi Gung and Ki Jutsu, his focus in both his martial and healing practices is on assisting others in learning to sense, develop and direct their internal energy for the purposes of self-healing and self-awareness.

Wind Daughter is a Medicine Chief of the Bear Tribe, an organization founded by the late Sun Bear. Her teachings are mostly experiential, and her gift of song helps people connect with all their relations.

Lisa Wolf, MA, LLP is a clinical psychologist in private practice in Ann Arbor. In addition to her work as a therapist, Lisa is a Pathwork helper, a musician, and a mother.

Wasentha Young is a Master and scholar in the art of Tai Chi Chuan and Chi Kung, and received formal instruction in Taoist and Buddhist meditation. She has 30 years of experience in her field, and she has lectured widely on the benefits of Tai Chi, Chi Kung and meditation as they relate to emotional, spiritual and physical well-being. She is also a board member of the Association of Women Martial Arts Instructors, and is a mentor for other instructors in her field.

Kay Yourist has been a studio potter, earning a livelihood through the love of clay, since earning her BFA in 1977. She also teaches the skills of her life's work to students of all levels.

Ypsilanti Campaign for Equality works to protect Ypsilanti's inclusive non-discrimination ordinance from a November election challenge aimed at its dismantling. Ypsilanti's inclusive non-discrimination ordinance became law in 1997.

Karlta Zarley, RN, BS has 20 years of experience in the U.S. in preventative holistic nursing care, 5 years experience as an interfaith spiritual mentor, and she is an advanced student of Healing Touch. She has been in private practice for 3 years in the Ann Arbor area, teaching and working with individuals using Healing Touch energy work.

Zen Buddhist Temple offers meditation and yoga classes, as well as retreats, lectures and Sunday services. Classes and retreats are led by ***Reverend Haju Sunim***, Resident Priest, who has been teaching yoga for 20 years and meditation for 10 years, and ***Geri Larkin*** and ***Nathaniel Needle***, ordained Dharma teachers.

Suzanna M. Zick, ND, MPH practices naturopathic medicine, with a focus on pediatrics, and she is a Research Investigator in the Department of Family Medicine at U of M.
At the Complementary and Alternative Medicine Research Center, she is the Co-PI of a clinical study on the effects of hawthorn on congestive heart failure.

Notes and Comments

The last time I wrote a piece for *The Crazy Wisdom Calendar* was at the end of the Bush/Gore post-election marathon vote-counting extravaganza. That seems like a long time ago. I still remember how much I detested George W. Bush after the Supreme Court elected him President.

On a sunny Tuesday morning in September, I was walking in the alleyway behind Crazy Wisdom Bookstore. Bob Ely, the dignified eighty-something gentleman who owns Mayer-Schairer Office Supply, was walking north in the alleyway, and he stopped me to tell me about two planes that had hit the World Trade Center. I found myself addicted to cable news, *The New York Times* coverage of "A Nation Challenged", and anything else about South Asia that I could get my hands on. I read Bodansky's biography of Bin Laden, soaked up Charlie Rose's interviews with Bernard Lewis and Ahmed Rashid, and found myself to be something of a Thomas Friedmanite. Christopher Hitchens, the political writer, and I agreed that Chomsky had missed the boat entirely, and that the attacks on the World Trade Center represented a paradigm shift in the alignment of nations.

I do support the "war on terrorism" and the war on Saddam Hussein. "Super-empowered individuals," to use Friedman's phrase, with nuclear suitcase bombs, do represent a profound threat to humanity on this planet. It's perhaps an unpopular viewpoint among Crazy Wisdom's customer base, our staff, and within the larger community of liberal Ann Arborites, but I do buy that "you're either with us or against us" with respect to terrorism, and weapons of mass destruction, being used against the West.

If the truth be told, I was the "last defender of the Shah in Ann Arbor". I thought, at the time, that the Shah had attempted, somewhat repressively, to bring Iran into the modern world, but that what would follow would be worse. It has been worse, so say the Iranians at the voting booth. Decentralization and bioregional diversity, yes. Freedom of religion, yes. Retreating from modernity, no.

I hold the view that Mahatma Gandhi and Martin Luther King, Jr. laid out a path for nonviolent change which must guide all human beings regardless of the intensity of their grievances, and that the faults of modern civilization do not warrant the use of violence. Holy warriors and suicide bombers are engaged in, to use Hitchens' phrase, a form of "theocratic fascism".

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Then the winter came. Not much of a Michigan winter, really. Crazy Wisdom has borne the recession rather pleasantly. We had a terrible three weeks after September 11th, and then we completely bounced back. Our holiday season was our best ever, and our staff has been stable for months and months. No turnover, no one wants to say goodbye. Sometimes, it seems like there's a love affair between our staff and our customers, and what we sell, and what we're about.

There's something alchemical about the energy of the store, the music in the Tea Room on weekend nights, Lori Fithian's drum circles in the meeting room, Robert Hughes' monthly Reiki Healing circles, the daily smudging of the store, the way Diane Evans dresses up a table in the Tea Room to do psychic readings, the goodness and idealism of our staff (most of the time), and the intentionality which many of our customers bring with them when they enter the portals of Crazy Wisdom.

I love the way the store gets visited on a weekly basis by customers representing many threads of the Ann Arbor community, particularly the alternative community. I get so much pleasure observing Crazy Wisdom playing host to the likes of Max Heirich, Jill Blixt, Evie Gauthier, Gretchen Gardner, Richard Mann, Jim Wilton, Bronwen Gates, Karen Kerns, Kathy King, or Haju Sunim (on one of her all-too-infrequent visits). To me, this small city of Ann Arbor is lit up by the sparkle attending the leading lights of our holistic community. I often feel honored to witness Crazy Wisdom's energy being suffused, lifted and transformed by the presence of our contemplative and spiritually turned-on browsers, customers and guests.

So much of our media focuses on what is wrong, what is sad, what is sickening, what is frightening. Yet so much of what I experience in my daily life is magical, is positive, is sweet. What dissonance! I look in the eyes of my wife, Ruth Schekter, and I see a twinkle. I walk in my neighborhood with my dog, and I can't help but notice the special qualities of the very day which I am living. I happily eat a felafel at Jerusalem Garden, outside, on a splendid spring day. I absorb the love in my children's eyes.

And then I watch cable television news, or read *The Times*. I listen to stories of people whose lives have been torn apart by bombs and bulldozers, and other bad news of the day. And I don't know what to make of it. So many gentle souls around me. So much sweetness in my daily life. So much beauty in the simple act of being alive and being well. So much suffering in other places.

Truth is, I see suffering around me, too. Suffering by my young son, who has major medical challenges. Suffering by my sister, who hasn't gotten to live the life she would have wanted. Suffering by my mother, who wishes she could die but whose body won't oblige.

What to make of it all?

---- Bill Zirinsky

Diane Evans
Intuition Specialist
734-327-9568
Evnsd7@aol.com

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Looking for a yoga class? Wondering who is playing in the Tea Room this weekend, or just wondering what's going on in the community? Click on www.crazywisdom.net

Information at your fingertips!
Events • Special Events • Tea Room
Live Music • Poetry Series
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Body, Mind & Spirit Listings
Calendar of Events • Nuggets of Wisdom
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Cynthia Hoffmann
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Featured at

Crazy Wisdom Bookstore

Sybil Shane Art Prints

In the East, calligraphy is an art form as well as a way of communicating. Even if we don't understand what the written characters mean, we can still appreciate the aesthetic appeal of their graceful designs. Artist Sybil Shane has chosen 24 Chinese characters as subjects for her Oriental calligraphy prints. Each depicts a quality we may wish to bring into our lives, such as clarity, joy, courage, laughter, strength, prosperity, and tranquillity. These symbols not only delight the eye with their artful lines and colors, they serve as visual affirmations that speak directly to the subconscious, subtly conveying their positive messages to the viewer. When placed in a specific gua according to feng shui principles, they also attract or enhance certain energies.

Management Position Available at Crazy Wisdom

We are looking for a qualified person to join the management team at Crazy Wisdom Bookstore, starting in early August. This is a full-time retail management position, and includes weekend and evening shifts. The job includes helping to hire, train and schedule the bookstore staff; managing daily staff activities; supervision of book and non-book inventory; ordering from jewelry, craft, art and other suppliers; merchandising and display; managing organizational and operational details; promotional outreach; coordination of store events; and related responsibilities. Interest in, and knowledge of, our areas of specialization is very helpful. An initial 1½ year commitment is required.

Moderate pay, excellent health insurance, lovely work environment.

This is an opportunity to be immersed in, and splash around in, and swim in, the subject areas of the store – alternative medicine and healing, the spiritual traditions of the world, the search for personal meaning and psychological growth.

If you'd like further information about this job, call Bill Zirinsky at the store on Mondays, 11 am--3pm or Thursdays, 8pm--11pm. Or come by the store and fill out a management application. Our phone number is 734-665-2757.

Events at Crazy Wisdom

Life Can Be This Good: Awakening to the Miracles All Around Us. **Book signing with author Jan Goldstein • May 10, 7 to 9 p.m.** Wonder is everywhere — if we would just notice it and invite it in. In this book, Jan Goldstein offers 40 life-affirming stories of people who opened themselves to all that is possible and were rewarded with miraculous experiences. The author describes a four-step process for turning the ordinary into the extraordinary: Listen, Open, Step Into, and Receive. This simple method brings greater recognition of and gratitude for the luminous moments in life.

I Ching for Teens: Take Charge of Your Destiny with the Ancient Chinese Oracle **with Author Julie Tallard Johnson • Book Signing & a free I Ching Consultation & talk on interpreting the I Ching • May 18, 11 to 2 p.m. .** The I Ching has been used for centuries as a means to divine the future, understand the present, and discover personal truth. With its ancient roots and widespread popularity, the I Ching has gone through many interpretations to keep its wisdom accessible and alive. Now, for the first time, Julie Tallard Johnson offers a fresh translation of this ancient text developed especially for teens. All ages welcome for signing and readings.

A mythical journey to a world of magic and enchantment with Fantasy Watercolorist, Jessica Galbreth • June 29th, 11 a.m. to 5 p.m. • Fantasy art featuring faeries, goddesses, medieval legends, dragons, unicorns, mermaids, Celtic myth and more! Browse her gallery showing; meet the artist, purchase prints, originals and other enchanting gifts.

Making Peace With the Things in Your Life: Why Your Papers, Books, Clothes & Other Possessions Keep Overwhelming You - And What You Can Do About It. **Book signing and Reading with Cindy Glovinsky • July 13, 2:00 p.m.** • Instead of offering the same suggestions for re-ordering your space, therapist Cindy Glovinsky asks readers the tough questions that will help them to identify and remedy their organization issues. Why we feel depressed if we lose certain things. Why we hold on to things that no longer give us pleasure. Patterns that help us identify how we arrange things & what percentage of our things have designated "homes".

Nature's Healing Connections

Weber Center

Saturday, June 15
9:30 am - 5 pm

When we are outdoors, our senses are gently stimulated in many different ways at once. Are you aware of how you are supported by creation — physically, emotionally and spiritually?

In this workshop you will:

- Learn to pay attention to what attracts you in nature.
- Affirm the joy of fully-awake senses.
- Express gratitude for your connections with nature.

Rev. Peggy Garrigues-Cortelyou is the founder and facilitator of EarthSong Seminar. She offers workshops on the healing power of nature in our daily lives and work. Peggy is an ordained pastor in the United Methodist Church.

$ 70 includes room and meals

Weber Retreat and Conference Center
Adrian, Michigan (517) 266-4000
www.admc-op.org/weber

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YOUTH DRUM CAMP
June 17 - 21
3rd - 8th Graders
Stone School, Ann Arbor

DRUM and DANCE RETREAT WEEKEND
May 31 - June 2

ONGOING DRUM and BALOFON CLASSES

DRUM MAKING/ MAINTENANCE WORKSHOPS

TEACHER TRAINING RETREAT WEEKEND

LESSONS
SALES AND REPAIRS

SoulFire healing arts

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"A Gathering in Spirit" Weekend Sampler

Local and National Metaphysical Healers, Helpers & Artisans
Presenters at Brenda Morgan's
"A Gathering in Spirit" Summer Retreat Programs

Saturday June 1st, 11am to 9pm at Concordia University

4090 Geddes Rd, Ann Arbor - in the Kreft Center

Concordia University is at the southwest corner of US-23 & Geddes Rd exit. Enter at the intersection of Geddes & Earhart Rd. The Kreft Center is located to the left of the steepled Chapel when you face south (when Geddes Rd is behind you).

Mini-talks, Presentations, Private Sessions, Spiritual Comedy Theater, etc:

12:00-12:30pm: "The Cosmic Door: Reflections & Cycles For 2002" Jayne Robinson
12:45-1:15pm: "Intuitive Hair Design For Men & Women" Jenny Lynn Mielentz
1:30-2:00pm: "In The Eye Of The Storm: Holding Your Space Amidst Turmoil" Marnie Burkman
2:15-2:45pm: "Breaking Through To The Other Side" Tom Egan
3:00-3:45pm: "The Trial And Tribulation Of The Ego" - Spiritual Theater!
4:00-4:30pm: "Westerners' Tea Ceremonies For Everyday Life" Wendy McKean
4:45-5:15pm: "Communicating With Nature & The Human Spirit" Antoinette Thoin
5:30-6:00pm: "I Don't Know What (This Feeling Is)" Jim Dreyer
6:15-6:45pm: "The Crystal Lake: Evolution Of The Animal Kingdom" Betsy Adams
7:00-7:30pm: "Feng Shui Tips For Creating A Sacred Space In Your Home" Wendy Warrick
7:45-8:15pm: "Landscaping One's Life: Relating To The Moment In A Creative Flow" Cecile Green
8:30-9:00pm: "Peace, Surrender And Stillness: The Birth Of Ecstasy And Joy" Brenda Morgan

Spiritual Evolution & Meditation
Story Tellers
Spiritual Landscaping
Water Therapy
Feng Shui
Reiki & Energy Work
Animal Human Connections
Intuitive Readings
Channeling, Astrology & the Tarot
Intuitive Beauty Consultations
Iridology
Past Lives
Massage, Cranial Sacral, & Other Body Work
...and more!

$5 admission includes mini-talks **Individual session fees will vary**

For information/brochure, schedule of events, call Susan at (734) 665-0536.

The Crazy Wisdom Calendar

Issue No. 22

A Free Calendar of Local Classes, Workshops, and Events

SEPTEMBER through DECEMBER 2002

Jeanne Mackey Talks to Gae Winn About Communal Grief Rituals

The Crazy Wisdom Interview with Ruth Carey and Jim Crowfoot on Spirituality and Social Justice

Marianne Williamson on Envisioning a Spiritual Politics

EARTHWALKS WORKSHOP AT CRAZY WISDOM

Nature and Shamanism
in the mind/body/spirit connection
with James Endredy, author of
Earthwalks for Body and Spirit

Book Signing and Talk with James Endredy
at Crazy Wisdom
Friday, October 11; 7 to 8:30 p.m. - Free

EARTH-WALKS
FOR BODY AND SPIRIT
Exercises to Restore Our Sacred Bond with the Earth
JAMES ENDREDY
Foreword by Victor Sanchez

Earthwalks Workshop
Saturday, October 12; 2 to 5 p.m.
at the Crazy Wisdom
Community Room
Workshop is $35.00 per person
Limited space
so purchase your tickets early!
For more information call
Carol at Crazy Wisdom 734.665.2757

Hypnotherapy Training

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Licensed by the Michigan Department of Career Development
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The Institute's professional hypnotherapy program is in it's tenth year and is a valuable adjunct for all helping professions. Become a Certified Hypnotherapist and help clients and fellow travelers on the spiritual path to heal the wounds of childhood; and to heal and resolve destructive patterns and limiting beliefs. The Institute's training program is a Soul focused therapy, healing the Soul's memories and opening the doors to higher consciousness. The program is structured to give participants a comprehensive understanding of the theory and practice of hypnosis and to provide an environment for personal transformation. Classes are primarily taught by Robert Ranger, Director of the program who has been working with meditation practices, energetic processes and in the hypnotherapy field for over twenty years. A school brochure describing the course work which is necessary for certification as a hypnotherapist is available on request.

The certification program consists of 120 hours of theory, demonstration and practicum
Classes are held on weekends, beginning **Saturday, October 12th, 2002**

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Robert Ranger, M.A., C.C.H. at (517) 374-6156

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Crazy Wisdom Reading Circle

September's Crazy Wisdom's Book Circle Selection

Boomeritis: A Novel That Will Set You Free! **By Ken Wilber -** Ken Wilber's latest book is a daring departure from his previous writings. "Boomeritis" combines brilliant scholarship with playful storytelling to convey the landmark "integral" approach to human development that Wilber expounded in his popular nonfiction work "A Theory of Everything." Group meets Sept. 27, 7:00 p.m.

October's Crazy Wisdom's Book Circle Selection

Words of the Witches: Short Fiction from Modern-Day Witches and Their Friends **by Maggie Shayne, Evelyn Vaughn, Rosemary Edghill, Lorna Tedder and others. -** These stories offer a glimpse under the veil of superstitions and misunderstandings about witchery--and a fascinating look at the ancient secrets of some thoroughly modern women and men. Includes contributions from Maggie Shayne, Celia Moon, and Evelyn Vaughn. Group meets Oct. 25, 7:00 pm.

November's Crazy Wisdom's Book Circle Selection

Stupid White Men: And Other Sorry Excuses for the State of the Nation! **By Michael Moore -** Moore sizes up the new century--and that big, ugly special-interest group that's laying waste to the world as we know it: stupid white men. Whether he's calling for United Nations action to overthrow the Bush Family Junta or praying that Jesse Helms will get kissed by a man, "Stupid White Men" is Mike's "Manifesto on Malfeasance and Mediocrity." Group meets Nov. 26, 7:00 pm .

December's Crazy Wisdom's Book Circle Selection

Pay Attention, for Goodness' Sakes: Practicing the Perfections of the Heart-The Buddhist Path of Kindness **by Sylvia Boorstein. -** From the bestselling author of "It's Easier Than You Think" comes a guide to the Buddha's Ten Paramitas, the "Perfections of the Heart." Boorstein combines traditional Buddhist teachings and parables with stories from her own life, as well as easy-to-follow meditations. Group meets Dec. 27, 7 pm.

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Nga-la Rig-dzin Dorje is an ordained ngakpa of the non-monastic Aro gTér lineage. He is currently director of Aro gTér sanghas in Germany, Austria, Switzerland and Scandinavia. He resides in London with his wife and son. Shambhala Publications published his book, Dangerous Friend: The Teacher-Student Relationship in Vajrayana Buddhism, in 2001.

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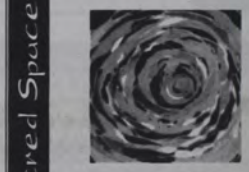
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Calendar Highlights for September-December 2002

1) **Communal Ways of Grieving and Healing with Gae Winn**
September 10 & September 27
(See Grief and Grieving Section, and Article on Page 20)

2) **Dr. Lauren Artress at the Weber Center**
September 13-17 - (See the Labyrinth Section)

3) **Eleanor Payson, Author of *The Wizard of Oz and Other Narcissists*** – September 29
(See Love and Relationships)

4) **Renaissance Unity Women's Conference with Riane Eisler, bell hooks, Anne Lamott & Others**
October 5 - (See Womenspirit)

5) **Feet, Head and Heart: A Sufi Workshop**
October 5 - (See Spiritual Development)

6) **James Endredy, Author of *Earthwalks for Body and Spirit***
October 11-12 - (See Shamanism)

7) **Andean Healer and Teacher Alberto Taxo**
October 18-20 - (See Shamanism)

8) **Dimensions in Light Festival** – October 27
(See Ceremonies Section, and Ad on Page 2)

9) **Music and Healing Workshop with Don Campbell, Author of *The Mozart Effect*, at the Weber Center**
November 1-3 - (See Music & Sound)

10) **The Practice of Tonglen with Aura Glaser**
December 7 — (See Buddhist Teaching and Meditation)

11) **The Practice of Dzogchen with Nga-la Rig'dzin Dorje**
December 12 — (See Buddhist Teaching and Meditation)

12) **Astrological Forecasts for 2003 with Author Raymond Merriman** – December 27
– (Astrology)

Since 1982, Crazy Wisdom Bookstore has served as a center of information in the subjects of holistic health, bodymind therapies, psychology, Buddhism, spiritual development and consciousness. The Calendar is intended to provide information about the terrific array of opportunities for persons seeking psychological and spiritual growth and physical well-being. The **deadline for free calendar submissions** for the January - April 2003 issue is **Wednesday, November 20th** and the **deadline for paid advertising is Wednesday, December 4th.** The issue will be distributed starting December 19th. 4,500 copies of The Calendar are printed, and The Calendar is available at our bookstore as well as at more than 25 other locations in and around Ann Arbor. Our phone number is 734-665-2757, and we're located at 114 South Main Street, Ann Arbor, Michigan 48104.

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The quotes used in the calendar section were found in the book: *Zen Soup*, by Laurence G. Boldt. This book is available at Crazy Wisdom Bookstore.

Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make recommendations as to any or all of them, or to be responsible for the acts or omissions of anyone listed.

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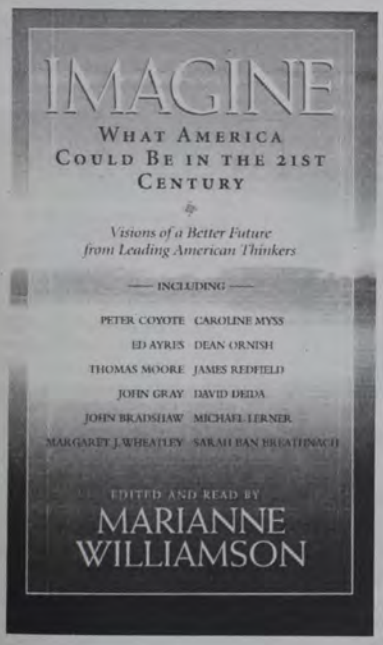
A Conversation with Marianne Williamson: Envisioning a Spiritual Politics

By Lucinda (Linda) Kurtz

Lucinda Kurtz: Marianne, I met you once before, when you first came to this area to work at the Church of Today and had just published Healing the Soul of America. In your uniquely passionate style, you presented your vision of a more whole and healthy America. Given my background in women's politics, I was so excited to hear how you interwove the political and the spiritual realms of existence and conceived of them as one, as indivisible. How do you feel that you are doing that now in your work as Pastor at the Church and in your life as a whole?

We have so much more love on this planet than hatred. And yet a few hate filled people are holding the human species hostage. This is an astonishing fact, but I think that our old ways of dealing with such problems are so clearly inadequate.

Marianne Williamson: I don't feel our work is a niche we fit into. I think we are the work as it is. And what we call



our work in the world fits into that. People change more quickly than our careers change. What you do in the world is a more dense reality than who you are. At this time in history, since 9/11, since a lot of issues seem to be coming to a head, it would seem to me we shouldn't let ourselves be slowed down by identifying too much with what we do at the expense of who we are.

Lucinda Kurtz: What is your perspective on these issues that are arising in terms of the intersection of the spiritual and political realms?

Marianne Williamson: I think that there is an antidote to hatred and that's love. But that's not just a nice sentiment, or it can't just remain a nice sentiment if we want to actually transform it. Hatred is organized today and has a plan. And its time for Love to be active and Love to organize and Love to have a plan.

Should we choose to go in that direction, that's the choice to be on the winning team because there is a cosmic impulse that drives love that does not drive hatred. That's what interests me –how we can harness love. We have so much more love on this planet than hatred. And yet a few hate filled people are holding the human species hostage. This is an astonishing fact, but I think that our old ways of dealing with such problems are so clearly inadequate.

So humanity always evolves in the direction of someone who has a better idea, not necessarily in the direction of the behavior or the thinking held by the majority. In fact, the great historical junctures and turns are not characterized by the change in mind on behalf of the majority. The American Revolution, Women's Suffrage, Abolition! I think there is a better idea in the world today. The fact that it has not yet appeared on the radar screen of the status quo means nothing.

So I'm interested in that incredible potential inside each and every one of us. Martin Luther King said, " We have a power inside of us more powerful than bullets, and its time for us to use it." I think he meant that literally. So its whether through my work with the Global Renaissance Alliance, which is preparation of spiritual activists, or the work at the Renaissance Unity Church, which is an Interfaith Spiritual Fellowship, or writing books, or raising my daughter, or doing anything else I do, my interest is in the meaning of my life. The work takes care of itself when you're clear about your life.

Lucinda: Marianne, the incidents and aftermath of 9/11 seem to have triggered our worst fears and nightmares and our deepest wounds. Now at this time, our leaders rather than moving us back into a sense of security and hope are moving us in a direction so diametrically opposed to one of Love. How can we as citizens and caring individuals help to bring a different energy into our country at this time?

Marianne: First of all, we are not the first generation to have been born innocent and then dissociate from our spiritual essence. We are, however, the first generation to use that as an excuse for not standing up and taking care of business and doing what needs to be done to save our country and save our planet. So, I think its real important not to wear our wounding like a badge.

…In the last 2 or 3 decades the relative disinterest of so many in the "so called" spiritual or higher consciousness community in political issues has been to the detriment of our country and of our community…The last thing this country needs is for the most cutting edge thinkers to sit out the dance. And it's a detriment to our community because it keeps us from fully maturing as a subculture.

It doesn't take an enlightened generation to turn things around. It takes a willing generation to turn things around. We're all wounded. If we're going to wait for you to be enlightened and me to be enlightened and all of us to be enlightened and healed before taking care of business, the future really spells disaster.

I believe in a God who is perfection in action. I don't think in a moment of imperfection God is less perfect. So the moment that there is an imperfection always introduced by something humanity does, God's perfection is such that he has a blueprint for deliverance the moment the problem occurs. This is what A Course in Miracles would say. So the moment, for instance, that September 11th occurred, God had a plan. The moment that any deviation from harmony and peace and love takes place, God has a plan. Now, He doesn't show any of us the whole plan; He gives you your instructions for your part. And He gives you everything you need to know in the moment you need to know. He does so with every single person.

We were taught, as A Course in Miracles students, that each of us has a role to play in God's plan for the deliverance of humanity to peace, love, and justice. And the whole point of prayer and meditation and learning to listen is so that we might receive instruction and carry out our instruction as best we can at every moment of every day. And I think what the world clearly needs is a miracle. It is obvious to many of us that we need a shift that the mortal mind alone cannot find. In Judaism it is often said we do not believe in miracles but we rely upon them. And I do believe in miracles and I do rely upon them. But A Course in Miracles teaches we don't know how miracles happen because it's beyond what the rational mind can understand. But I believe if we atone for our errors and seek compassion even towards those who hate us, miracles will occur. Jesus said "Pray for your enemies. Bless those who curse you."

We must take a quantum leap forward now in our own lives in whatever way each of us is asked to do. You've told me about the spiritual journey you've taken. If you go deep enough with any conscious person, they'll tell you the

story of the spiritual journey they've taken. But everyone I know is at a pretty intense juncture of their spiritual journey right now. Its as though we're living at a time now where the whole universe is saying, "Get to your station. This is the time to become who you most essentially are, the highest possible manifestation of your being alive in this lifetime NOW. No further delay, nor further procrastination. Be alert to people and situations coming forward now in relationship with whom you can both rise to the highest. This is it."

We need a revolution in this country. It's a revolution of consciousness. And out of that revolution of consciousness all of our institutions will be transformed. But at the same time, if we try to transform our institutions including the political institution without being transformed in consciousness ourselves, then you end up projecting all your political neuroses onto the political system.

Lucinda: What do you think needs to happen now and how can people contribute to it?

Marianne: Well, I think we need a pro-democracy movement in the U.S. I think people need to awaken to the dangers presented by the erosion of many of the standards of democracy and justice and integrity and righteousness that have characterized our history. There is so much work to do spiritually, socially, politically, emotionally, psychologically. We all have a sense, if we asked deeply, where we can best be used. President Eisenhower said politics should be a part time profession of every American citizen. There is a way in which the total picture of what is happening in the country and what is happening in the world is something we all need to keep our eyes on.

I found in the last 2 or 3 decades the relative disinterest of so many in the "so called" spiritual or higher consciousness community in political issues has been to the detriment of our country and of our community. To the detriment of the country, simply because the last thing this country needs is for the most cutting edge thinkers to sit out the dance. And it's a detriment to our community because it keeps us from fully maturing as a subculture. But many of us, obviously yourself included, are and have swum deeply in both those pools, and we don't have any wheels we need to re-invent. Gandhi did it. King did it. The philosophy of non-violence is well established.

King said self-purification must precede direct political action. So much political progressive activism comes from a level of anger, self-righteousness, judgment of anyone who doesn't agree. It is no better than the political judgementalism of the people on the other side of the spectrum. Gandhi and King said the end is inherent in the means. An angry generation will not bring peace. So there's inner work we need to do to become champions of the world we want. I think we need to address that the inner life precedes the outer, but a lot of people went into the inner and decided to stay there. Just as some people decided to go into the external domain and didn't even see the need to go into the inner. And many of us, because we have been attracted to King or Gandhi or because we have held both places have said, "Wait a moment. Neither is all right. Neither corner is the truth, the whole truth, and nothing but the truth. They're different facets of the same diamond."

And that goes back to what I was saying earlier. We have to bring our whole selves to the table now. We need a revolution in this country. It's a revolution of consciousness. And out of that revolution of consciousness all of our institutions will be transformed. But at the same time, if we try to transform our institutions including the political institution without being transformed in consciousness ourselves, then you end up projecting all your political neuroses onto the political system.

Lucinda: Have you found that your Global Renaissance Alliance has been a container for manifesting a new way of creating that connection between the spiritual and the political?

Marianne: No, the GRA has been and continues to be a very fine container for that work of self- purification. It has not moved into the next step of the work that needs to be done which is connecting from the inner self- purification effort into the direct political activism— becoming a social and political activist as well as a spiritual activist. I am interested in that but don't see that specifically the work of the GRA. I do see it as work that needs to be done, and it is where my interest lies.

Lucinda: So how do we go from the place of inner knowing and consciousness to bringing this into a movement in our country today?

Marianne: Well I share your obvious belief that that's the raging question. The good news is that enough of us are asking it. And I think we are birthing that next step as we speak.

Lucinda: Having come on this journey through the Women's Movement, as you have, I have felt that one of my highest callings is to bring in the Goddess energy on the planet to create the balance between the masculine and feminine that is so sorely lacking. There are many more women that are conscious and are consciously bringing in that energy, but I still feel the imbalance so palpably. Do you see movement forward in bringing in the feminine, receptive energy that we must have in order to create peace and harmony?

Marianne: First of all, I see bringing in the feminine consciousness as not specifically a gender issue. In the first wave of the women's movement, we recognized sisterhood as an essential aspect of feminism. Today, far too often, women see feminism as mainly a platform on which they can proclaim their right to succeed, to achieve, to make as much money as men. Once again, self- purification is necessary. We are not going to bring forth the feminine energy that changes the world as long as we are still attacking and undermining each other. So we have to be Goddesses to each other first.

The Goddess consciousness, the Unitive consciousness, is what is needed now. That's obvious. We must work to be the change we want to see in the world. How can we bring a true feminine force to the planet when we have to do so much work to find it within ourselves. Talk about wounding. And you and I know, a lot of what we thought was liberation turned out to be a masculinization process. We thought we were liberated so much we could be like men. So we've had to take off the layers of false masculine to get to the feminine. So many of us are doing everything we can to embrace it and to live it, much less carry it out to the world. Because until you embrace it and live it, you don't gain the voice you need to stand for it within an institutional setting.

Lucinda: I was struck by the wonderful collection of thought in the book you edited, Imagine: What America Could Be In the 21st Century, where you asked the best and brightest of cutting edge thinkers to imagine a possible future for us in America. I felt moved by reading many of the different vignettes, because they were so filled with passion and inspiration of what could be. So what is stopping us in living a new vision of what we know is healthy and sustainable for the planet and ourselves?

Marianne: Well, we're an idolatrous nation. We've made money God. Money's important, but it should not be the bottom line. The health and safety and well being of this planet and the people who inhabit it should be our bottom line. If that would be the case, education would be different; politics would be different; business would be different. Even religious institutions would be different. Everything would be different. Our institutions have become so corrupted. It used to be that some things you did because it was the right thing, period end of story. And other things you didn't do, no matter how much money it made you. Conscience should take primacy over money. So I think we need to call a spade a spade about why it's so hard, because we all really know.

Lucinda: So if we have our vision and we have the imagination, what do we do now?

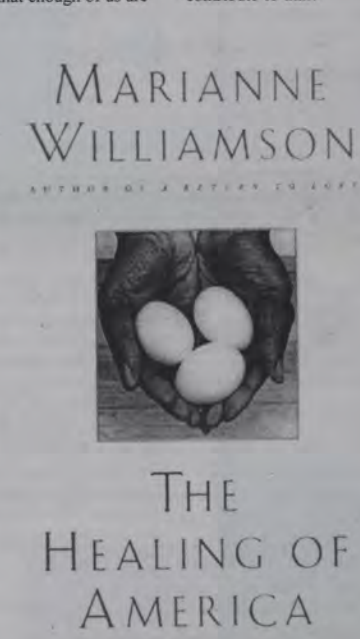
Marianne: We speak it. I think we're moving in that direction now. Every day people are standing up in their offices, in their businesses, in their classrooms and in their relationships and speaking the truth of their heart more than they've ever done before.

We have elections this year. And we have a very big election in 2004. There are many opportunities for us to speak our truth.

Lucinda: If we have the proper platform we could do that.

Marianne: I agree with you, but that's what's next. I see it coming.

Lucinda: How can we as individuals and as a group contribute to that?



Marianne: I think every woman has a cellular memory of the witch burnings. Historians say that anywhere from 800,000 to 9,000,000 people were burned at the stake during the Inquisition, 85% of whom were women. For centuries speaking up was liable to get us killed. In other places in the world a woman speaking up is still liable to get her killed.

But I think you get to a point in your life, if you don't speak up, you'll die of what it does to you to not speak up. Marin Luther King said, "If you don't have a cause worth dying for, you don't yet have a life worth living." I think we have to ask ourselves, what are we so afraid of?

If we really understood karma, if we really understood the larger scheme of life, we would be more afraid of living a lifetime not trying to make a difference when we might have been able to than of anything that might happen to us if we tried. That's what we should be afraid of, of dying knowing we didn't try. Those are the fires of hell that scare me.

Lucinda: Do you find your position as Pastor of the Renaissance Unity Church an empowering place for you to hold your vision and move it forward?

Marianne: I love being there. The primary conversation at Unity is not the conversation you and I have been having. It's the more fundamental conversation about the place of God in our lives. And it has been a very nurturing experience and challenging at this same time, an interesting mix of nurture and challenge actually for me personally. I feel that Renaissance Unity is a vortex of energy that feeds many people including myself with greater hope and more tools for right living.

Building spiritual community is the most important thing I think we can be doing now in any area. We are working at Renaissance Unity with the model of what we call the Peace Circle, where people sit in small groups, very Quaker like. If you look at the history of social justice movements in the U.S., Quakers, particularly Quaker women, have been

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deeply involved in Abolition, Women's Suffrage, people sitting in silence. As a matter of fact, you might find this interesting. Tonight I will be at the Middle East Peace Circle. You have to be of Jewish or Arab descent to be in this circle. Would you like to join us? I will be facilitating the Circle.

Lucinda: Yes, I'd very much like to participate. Where will it be?

Marianne: Over at the Church. I was telling a Congressman about this the other day. He was telling me about a meeting they had in the House of Representatives regarding the Middle East. And I said, "At our Mid East Peace Circle, we sit in silence together for 20 minutes before we even open our mouths." Until we have an experience of a spiritual practice, of prayer and meditation and vision, any conversation is going to be stuck in old patterns. We have to dig down to that level of non-violence and mutual compassion before we can have any meaningful political conversation. Gandhi said that politics should be sacred. But the level of conversation that dominates politics today is anything but sacred. So we have to think in terms not just of new political goals but of new politics. And that emerges from the sacred experience because anything new emerges from a sacred experience. There is no making it across the river to the land we want except for a sacred experience.

Lucinda: I've heard about the Peace Circles. And I've been part of a women's group that is very similar.

Marianne: Circles are very hot in the spiritual world today. Everybody's picking that up. Merely by the action of sitting in a circle you are energetically repudiating the hierarchical dominating energy.

Lucinda: So in your role as spiritual teacher working with people in spiritual community, have you been able to work in larger and larger circles to bring people together to create connection to each other?

Marianne: First of all, these circles are 12 people or fewer. The power of the Peace Circles is that it is 12 people or fewer. It's difficult to be socially intimate with a large group. So what we work with is many little circles. And the goal is to surround the planet with these circles, because if you have enough little fields vibrating at a higher consciousness, there's a term in physics called entrainment. If you have two waves, they will lock into the highest. So if we have enough small groups praying together, meditating together, envisioning a new world together, processing hearts together, and we make this a movement with a thousands of such circles all over the world, like you have that women's circle, it is a spontaneous emergence metafield. That's where our hope lies. In something happening on that kind of level. And that's where the term spiritual activists comes in, materially passive, but spiritually active is what Martin Luther King said about the nonviolent practitioner.

Lucinda: Marianne, hopefully there will be more and more spiritual activists to lend their energy of love to create the resonating metafield of higher consciousness. Clearly, each one of us is critical to the process of creating a more positive future for humankind.

Marianne: Yes, those of us who are seeking a higher spiritual realm of existence are in some ways co-conspiring whether we know it or not. And new things will emerge and more will be revealed.

Lucinda: Marianne, this conversation has been so exciting to me. Would you consider coming to Ann Arbor to speak more about these ideas? Ann Arbor is a community that would be very receptive to exploring how to combine the spiritual and political into a vibrant, living movement.

Marianne: Yes, I'd love to come to Ann Arbor to create a larger conversation.

Lucinda: Great, I'll help you to arrange it. I look forward to meeting you again tonight at the Mid East Peace Circle.

(Later that evening, I participated in the powerful Mid East Peace Circle facilitated by Marianne in the Chapel of the Church, in Warren, 45 minutes from Ann Arbor. Fourteen people, Christians, Jews, Muslims, native Americans and those born abroad, created a quiet intimacy which enabled each one of us to open our hearts and share our souls with each other. In the midst of the sharing, I knew that I was called to initiate a Mid East Peace Circle here in Ann Arbor as one way of contributing to this growing field of higher consciousness. Anyone interested in participating, please contact me at lindakurtz@aol.com.)

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Circles are very hot in the spiritual world today. Everybody's picking that up. Merely by the action of sitting in a circle you are energetically repudiating the hierarchical dominating energy.

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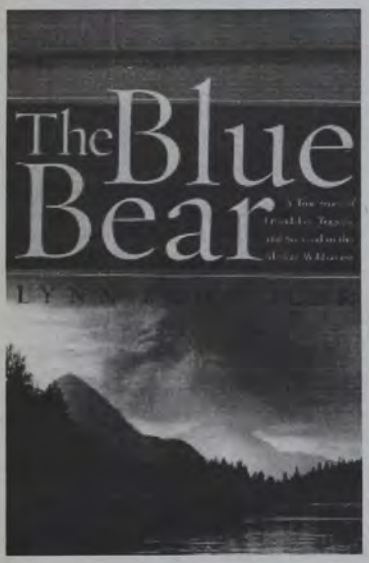
Laurie is one of the International Network of Esoteric Healing worldwide teachers and practices in Ann Arbor, Michigan. She holds a master's degree in psychology, is a cranial sacral practitioner, a licensed massage therapist (Florida), and a practitioner and teacher of Bach Flower Essences, and a meditation teacher.

Book Reviews

Reviewed by Karla LaMere



The Blue Bear by Lynn Schooler

(Published by Harper Collins)

"This [what actually makes life worth living] was something I never fully understood until I sat down to write this story, to peel my life apart down to the final 1/60 of a second when the shutter fell and the image of the blue bear was captured." These words appear in the final paragraph of Lynn Schooler's intriguing memoir *The Blue Bear*. The sentiment, however, can explain why so many memoirs are written and why so many of us read them. We want to know. What answer, what "this," what golden nugget will the author earn in the long, slow process of sloshing the details of one's life through the mining pan of memoir?

In *Blue Bear*, Schooler finds his gold in the ways of nature. The story unfolds in the wilds of Alaska, where humpback whales and eagles are more commonplace than people. As a guide with a small boat, Schooler makes his living sharing the wonders of the Alaskan backlands with adventurers and nature photographers. As a lonely man scarred by several deep slashes of human cruelty, Schooler looks for solace in the grand solitude of Alaska's non-human beauty. It is only when he is befriended by the famous Japanese nature photographer Michio Hoshino that Schooler learns to extend the meaningful rhythms he sees in nature to the human animal as well.

All this takes place over several years and in the context of a search to find and photograph the blue bear, an animal elusive almost to the point of being mythical. Unlike the easy-to-find Alaskan grizzly, the blue bear is said to be found only at the rough edges of certain active glaciers.

Is the bear found? What tragedy finds Schooler's mentor Michio? What exactly is the meaning to life that Schooler weaves together? The answers, of course, are in the book.

The Blue Bear is enjoyable and easy to read. The author deals very briefly with the troubles he has faced. On the other hand, he extensively details the natural wonders of Alaska. In this, the writing is uneven, ranging from stiff to lyrical.

Schooler is at his best as a writer-guide through the middle of the book. In some scenes the writing disappears and nature itself comes alive. The cooperative feeding of humpback whales is especially fascinating. The whales circle a school of herring. Then together they dive and, at the leader's audible signal, together they surface: "A dozen huge black heads exploded simultaneously from the water, tight and violent as a rugby scrum, with flashing rivers of silver herring spilling from their cavernous mouths."

This and many other passages make for great armchair travel. More than that, *The Blue Bear* does a good job of taking the reader along on Schooler's search for meaning in an undeniably difficult world.

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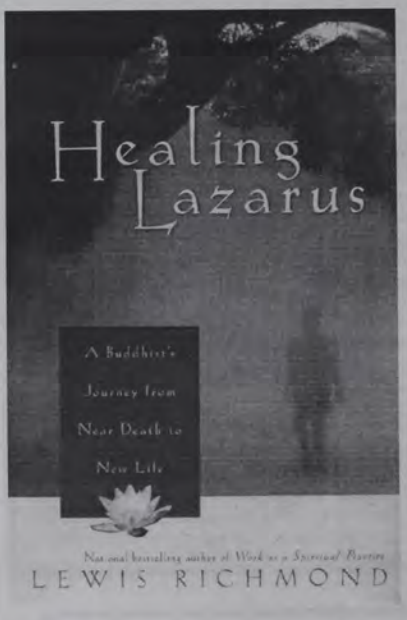
Healing Lazarus by Lewis Richmond

The difficulties faced in *Healing Lazarus* by Lewis Richmond are sickness, the instant and complete dependence it can cause, and the somehow always shocking awareness that the vulnerability of human life is personal to each of us. The subtitle of the book is *A Buddhist's Journey from Near Death to New Life*, and it is in the river of debilitating sickness that Richmond pans his Buddhist beliefs for strength and wisdom.

Before his sudden illness, Richmond is a successful author (he wrote the national bestseller *Work as a Spiritual Practice*) and a thriving entrepreneur. He is happily married. He had been an active Buddhist for 30 years and a meditation teacher for 15 years. Still he calls his attack of viral encephalitis at age 52 "my true baptism into the Buddhist faith."

The basic Buddhist belief that all is impermanent, for example, really clobbers him. One day Richmond has a headache. The next day he is in a coma with little chance of survival. He beats the odds and lives—only to find out that he cannot move, talk or eat. He works hard and long to regain the use of his body and mind—only to have an unpredictable interaction of medications wipe out most of his hard won progress. Richmond learns impermanence.



The disease causes a swelling of Richmond's brain, and the havoc this creates in his physical, mental and emotional functioning is intriguing (from the reader's safe and comfortable side of the page). Richmond tells us what it was like for him to be in a coma: "My mind was continuously active with its survival dreams. . . .Each of them were epic struggles. Fear, and its partner fight, were the driving engines behind these visions—fear of dying, and the fight to survive."

Later, in his recovery, Richmond faces the emotions of not only his current trauma, but he also feels the full force of past trauma, including the death of his mother when he was a young child. As a psychiatrist explained it to him, Richmond's mind had temporarily lost its ability to "filter" unconscious material away from consciousness. For these and many other symptoms, Richmond just has to wait for his brain to resort and retrain itself. Under these circumstances, the Buddhist challenge of living in the moment takes on huge proportions.

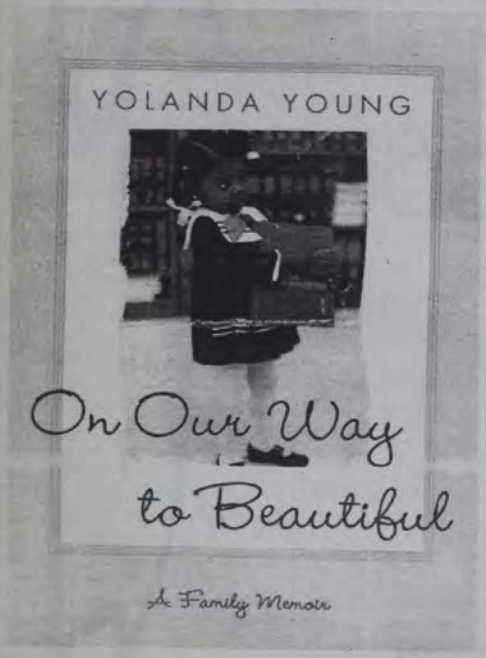
With skill and honesty, Richmond recounts these and the other immense challenges. Buddhism was the golden nugget of truth he clenches in his hand, but sometimes he drops it, picks it up again and looks at it from a new angle to find the support he needs.

Meditation, for example, is for a long time impossible for Richmond's injured brain. The calm of this center is denied him. Instead, he finds strength in the discipline he had exercised to initially find the calm in the meditation, the discipline he had used to return to each moment of a daily practice of 15 years. "Crawling back to the cushion," as he put it, was a habit for him and "a valuable asset. . . in the rehabilitation process."

Healing Lazarus gives no easy answers. Nor is it Buddhism 101. *Healing Lazarus* is an amazing story of suffering and recovery that the author uses to reach a new level of understanding of life and faith.

Our Way To Beautiful by Yolanda Young

Our Way To Beautiful by Yolanda Young is a similar investigation of the meaning faith can provide for one's life, this time from a Christian perspective. Unlike the other books, *Our Way to Beautiful* looks back from adulthood to childhood. This creates a different type of memoir. The meaning of life is not so much sifted out of events as layered upon them in interpretation. As a child, she is still testing and learning the Christian beliefs of her family. As an adult and as a writer, Young has decided that these teachings were her gold all along even though she didn't know it at the time.



Our Way To Beautiful is a patchwork quilt sewn together with the golden theme of Christian faith. Each chapter is a separate story complete in itself, beginning with a Biblical quotation and ending with an articulated life lesson. In between are lovingly rendered scenes of Young's family, school and church. We see Young make choices, face consequences, learn, and grow.

Young lived in "interesting" and consequently difficult times. She beautifully describes life as black girl growing up in a small, segregated, Southern town at the time of the first forced school integration. Young's writing is smooth and sometimes even eloquent, though her life was not. We get to know her extremely close but poor and troubled family. Beatings and worse violence are as common as deep love and making good.

This makes Young's golden overlay confusing. The harsher realities are honestly presented but seem superficially considered, square pegs of childhood pain hammered into round holes of adult understanding. The rich vividness of the writing actually slides the reader away from the intended theme.

The book ends with a scene of ninth grader Young sitting on the front porch with "Big Momma," her great grandmother, who was peeling pears for preserves. The two talk honestly about faith. Young is wondering, "disbelieving." Big Momma is as sure of God and his plan as she is of the juicy pears in her hands. Young listens and "hoped for a time when faith would rise up in me like the sun. . ."

The whole book seems a lot like this conversation. Big Momma's voice is there with the assurance that all is in God's plan. The youthful Young's questioning, confused voice is there too. What is missing some bridge between the two. Over all, *Our Way To Beautiful* leaves the reader somewhere in between.

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The Crazy Wisdom Interview with Ruth Carey and Jim Crowfoot on Spirituality and Social Justice

Interview by Jonathan Ellis

Photo by Angela O'Brien

Ruth Carey and Jim Crowfoot are married and live in the Sunward Co-housing community on the west edge of Ann Arbor. The two themes of spirituality and social justice have been important to both Ruth and Jim throughout their lives. In this interview, they describe how their personal understanding of spirituality has changed over the years and how that affected their work on social issues.

After completing a bachelor's degree in nursing, Ruth Carey began working as a nurse in 1960. She earned a master's degree in public health at the University of Michigan and went on to teach for ten years at the U-M School of Nursing where she won the Teacher of the Year award in 1986. Ruth has also taught at two colleges and both her teaching and nursing work have focused on community nursing and access to health care for underserved populations.

Jim Crowfoot earned a Ph. D. in organizational psychology at the University of Michigan in 1972 and then began teaching here at the School of Natural Resources and Environment. He went on to become dean of that the school and in 1994 left to become president of Antioch College in Yellows Springs, Ohio. Jim's research and development work includes such areas as sustainable local communities, environmental dispute settlement, and planned social change processes.

Now in their sixties, Ruth and Jim have raised children, had varied careers, sought self-understanding and personal growth, pursued committed spiritual paths, and been activists for social change throughout.

Jonathan Ellis: I want to begin by asking both of you about social action, social change, social justice, and what these have meant for each of you.

Jim Crowfoot: Well, initially this meant to me an acknowledgment of the reality that there was inequity. I think particularly I was sensitive to inequity around income and wealth, growing up out of a working class kind of background. Then I became aware of racial injustice, going to a biracial elementary school.

It was much later in my life that matters of gender justice became a part of the justice equation. Social action was something that really didn't become meaningful to me until the 1960s. And the whole notion that by collective intentional activity one could affect the direction of a community or organizations or society really captivated me, and it also became something that I studied for a while in my life.

Social change for me is something much broader and much more complex and involves many sources of influence that don't grow out of human intention, all the way from biophysical forces to forces that I would term spiritual or metaphysical.

Ruth Carey: The term social justice is a term I learned later, but the sense of fairness, which to me is a big part of social justice, I had awareness of very young. I was in a patriarchal family where the oldest child was a male and had certain differences in how he behaved or was raised in the family from what I had. And then in the larger culture of the church, I was aware that girls were treated differently from boys and that boys often had more advantage.

I was very acutely aware of the unfairness of that, which I think really was the groundwork as I became more educated and more sophisticated and began to understand the term social justice to include many things other than just the boy-girl equity stuff as a child.

But I also remember when I was about 12, we were living in the south for a year, and I did not at all understand why the children who went to the black school, why their school and their school buses were in such terrible shape. I remember confronting my dad and my aunt and uncle about that and being told, "Well, it's okay." And having a sense of the unfairness of that and then in my teen years getting into some very significant arguments with my dad about racial injustice, even though we lived in an all-white rural community. It was something I had awareness of from that earlier experience.

Jonathan Ellis: Ruth, you said at some point you became aware of, say, the difference between how your oldest brother was treated and you were treated and then noticing the difference between the black schools and the white schools when you were in the south. Some people seem to notice those differences and notice them at a young age, and other people don't notice them at all, or notice them only at a later age. I'm wondering, as you have reflected back, was it something about you, about your personality, about your temperament that would cause you to notice those things more than other people in your family? How do you understand that?

Ruth Carey: That's a difficult question because I really know only my experience. But I have a little bit to say about that. I remember my mother telling me when I was a child that from very young I was always one to root for the underdog, wanting the one who didn't have equal chance – even if it was in a family situation – wanting that one to get their opportunity.

So there is part of me that thinks that when our souls come into this physical incarnation we do bring certain things with us. And I wouldn't say I brought wonderful insight or anything like that, but I think we bring certain sensitivities, certain propensities, and that perhaps those are part of what we do and don't notice. That's the best I can respond.

Jonathan Ellis: What's your view, Jim? At a certain point a kind of consciousness or awareness of social inequity emerges in an individual, and what's your own experience about how that happened for you?

Jim Crowfoot: I think my earliest recollection was as a child in elementary school. I was in second grade. I remember from first grade on, being very aware of the racial differences in the classroom. There was a small numerical minority of African-American children in my classroom, and there was conflict. I remember that very early.

And I remember in the second grade that in the midst of one of these conflict episodes, I took the side of the black children. And, in fact, in doing that, I slugged a white girl in the stomach. I got sent to the principal's office and my parents were called. It was a big deal. And to my knowledge, I had never been non-conforming or doing anything of that kind, fighting, or anything like that in school.

Jon: About how old were you then?

Jim Crowfoot: I must've been six or seven, right around that time. So, my sense was that I knew that there was this disadvantaged group that was being picked on, and I took their side and did something. Fighting probably would've been okay, I guess, but hitting a girl in the stomach was a real no-no and led to punishment. So early on I had a sense of underdogs and took some action in the conflict setting in which I found myself.

I think beyond that, a lot of my consciousness was deeply shaped by religion and by the conservative Lutheranism that was the childhood religious experience for me and for my family. And the fact that I was a Lutheran, that I was not a Catholic, that I was a part of something that had protested, had broken away, had found problems with authority, that became a part of my identity.

Jonathan Ellis: What about your own religious background, Ruth? How did that shape what we've been calling your social consciousness?

Ruth Carey: That's a good question. I was raised in a very conservative Protestant church with a father who pretty much fit that mold and a mother who participated but was quite an independent spirit, which I think had a lot of impact on me as I grew up.

But to the question about how the church shaped my awareness of this social justice: I really think the influence that was significant for me from the church was the seriousness and the depth with which the people in our church took their faith. They were not Sunday church attenders only. It was very important in that church congregation that people be aware of how their faith affected their lives every day and that if they were not following Christ's example in their family or in their work setting, that was a serious problem.

Later, when I was a young adult and I began to move out of that church tradition and into one, which was

Ruth Carey: So there is part of me that thinks that when our souls come into this physical incarnation we do bring certain things with us. And I wouldn't say I brought wonderful insight or anything like that, but I think we bring certain sensitivities, certain propensities, and that perhaps those are part of what we do and don't notice.

An Interview with Jim Crowfoot and Ruth Carey (continued)

more clearly aware of social justice issues, I took with me a sense of how faith was important in the journey of social justice. That it wasn't a social justice activity journey only. That faith as a basis for that was a significant thing for me.

Jon: This leads me to a very basic question in this area. Sometimes churches or spiritual traditions are thought to legitimize the status quo, either directly by their teachings, or indirectly by not challenging the status quo, or simply by occupying a lot of people's time with things that are not relevant to social conditions for good or bad. On the other hand, for many people, churches are a place where the status quo really is challenged. I'm wondering where your spiritual beliefs have legitimized or helped to challenge the status quo in society.

Ruth: I think as a youngster and in my formative years, there was a lot that I was part of that turned a blind eye to the injustice and talked about victims of oppression as the makers of their own situation. If people worked harder, if they tried harder, if they really were serious about what they were doing, their lives would be better. There was a lot of that.

I think the way the church used its theology around that was everyone has the opportunity for God's grace and forgiveness and if they don't avail themselves of that, that's their choice. It wasn't direct. It wasn't a direct statement that it's their own fault if they're in difficulty, but it certainly was implied.

> Jim Crowfoot: My sense is that a major part of the spiritual journey is to become aware of that violence and to interrupt that cycle, both with regard to being violent toward myself and mistreating my body, but certainly in terms of mistreating and violating other people… So the spiritual journey is about coming to awareness of those dynamics and coming to compassion for the suffering but not indulging it.

And then in the transition I made into the different kind of church when I was a young adult, one of the first encounters I had was a small white church, of German ethnic origin mainly, that was located in a mixed neighborhood in a city, and they made a conscious choice to remain there when they could have built outside. They had a pastor who offered that kind of leadership.

Then the church began to focus on what ministry could they bring to the neighborhood, and so there was a very direct use of Christ's message and the whole theology (this happened to be the United Church of Christ) to support this mission. This absolutely was seen as the mission of the Christian church, to minister to those who don't have equal access. So there's a real contrast to my own upbringing that I think illustrates what you're asking.

Jim: I think for me, my early experience in a church as a boy and a Lutheran was one of the church being identified with the status quo and the church being about something that was different and more important than societal conditions, that meaning salvation. And the human condition was one of original sin. That was a big theme in the Lutheran tradition that I grew up in. So a pietistic, a personalistic grappling with one's sinful state was the focus and emphasis.

It was only later in my early 20s as a Lutheran seminarian, when I spent a year of internship in ministry in a large state hospital outside of Chicago, that my social conscience was really raised by the fact that this institution had over 12,000 patients, and only one U.S. certified psychiatrist. The people were overwhelmingly of economically poor backgrounds and a large proportion of persons of color. The average length of hospitalization was near 30 years, so once you came through the front door the likelihood of leaving was not high.

At that point, my understanding of myself as a Christian and as a chaplain was much about dealing with the injustice of this situation and trying to bring more healthful resources to bear, to try to reduce violence and abuse in the hospital, and from that point on for me, my religious connections and my religious identity was deeply informed by issues of justice in the society.

But my early experience was that the church was more a part of the problem of the basic societal injustice than it was about a vision of change or a commitment to change. Later on, when I had children of my own, the reality of their going to racially integrated schools was very important to their mother and me. Yet on Sunday morning we were still going to an all-white Lutheran church, and that finally had a lot to do with our leaving a Lutheran church, going to a small United Church of Christ congregation that was intentionally racially mixed and had as a part of its mission, its Christian mission, to work on matters of racial justice.

And like Ruth, then I saw a very different and engaged Christianity, a Christianity identified with Jesus' ministry to the social outcasts and so forth.

Later in my life in my own grappling with what are the core issues of oppression in my culture and society, for me it's been white male patriarchy and hierarchy. I took the opportunity of becoming a Quaker for a variety of reasons, with their emphasis on non-hierarchical social relationships at a church without a clergy and hierarchy and the Quaker emphasis on non-violence.

This really stretched me even further in terms of what religion, religious identity and commitment could be about. By this I mean standing at the edge of, protesting and providing an alternative to the structural and process-based oppression, rooted in inequity, that has pretty much permeated the orthodox Christian churches, both Protestant and Roman Catholic – from my point of view.

Jon: I want to ask a question that emerged for me as both of you were speaking. I want to tell a small story that is attributed to Mahatma Gandhi. In the story (I can't guarantee its accuracy, but it's an interesting theme in any case) Gandhi is asked, "Why should we help the poor? Maybe it's their karma to be poor." And the answer that's attributed to Gandhi is, "Well it may or may not be their karma to be poor, but it surely is our karma to help the poor."

I'm wondering what you think about that whole question, and Ruth you alluded to it in an earlier answer. These days the contemporary expression that we hear is, "We create our own reality." What is your own view about that whole question of individuals having the choice to be in a different reality and that choice being partly about the spiritual resources that they use?

Ruth: Funny you should ask me that question (all laugh). It's a question that I have struggled and struggled and struggled with in the last probably 15 years on my own spiritual path, because I keep running into teachers that I read or that I study with who say things like "The present reality is perfect as it is," or "Things occur as they need to occur."

> Ruth Carey: I remember coming to the place where I felt like I'd encountered the dark night of the soul, where it was not possible to get around this. I couldn't get under or over it. I consciously knew that the only option I had was to enter it. And so I did that. And I just let the reality of the suffering of that loss be in me, and I felt it in psychological and spiritual and physical ways.

Or the thing that you said, that people's circumstances are what those people need those circumstances to be.

Well, that belief, if I accept that just at face value, really conflicts with my fighting for the underdog that I mentioned earlier. I don't know if it's my karma or not, but it's certainly a deeply held value that I have, that standing with the oppressed is a more sophisticated way to say that.

So this is where I am at this point, knowing that I have not resolved this issue, but this is where I am now: As I look at my own life, I am aware that I create a great deal of my own suffering, and I do it out of a psychological place of woundedness. And as I do my healing journey, I create less and less suffering for myself. I am aware of that.

I am also aware that I have a whole lot fuller range of choices than a poor black particularly young male in American society right now. That the social construct of what that child comes into at birth doesn't allow for the kind of freedom of choice that I may have, even in terms of finding spiritual resources to assist in the journey or, because of the circumstances of poverty and insecurity and danger, the inner experience.

And so, I don't even know where this comes from, but I have heard often that we have to believe that God is really in charge of the world and then work as though we don't have one shred of evidence that that's true. So for me, it's like holding the faith is very important to me and there's a book I'm reading, which we may get into in a little while, which has been helpful to me in that regard.

I am not responsible for all that I think I might be responsible for in the world in terms of justice issues, that's important. But I think it's also important that when I see oppression, injustice, inequity and I can from within me see something I can do to ameliorate that, it is my job to do that.

Jon: Jim, in some of your earlier answers, you alluded to the institutional nature of racism or sexism, and I'm wondering what your own view is of the role of individuals in creating their own reality vis-à-vis that.

Jim: Well, I have to say to this question that I'm still in a tentative stance. I feel like I'm a learner. I feel that there is a lot of mystery about these matters of ultimate causation, and I feel that yes, we do in part shape our own reality and in part our reality is shaped for us. And one could look at that at several different levels, both dynamics.

Certainly in a world as filled with violence as our world is, and in a culture, which is among the most violent in the world, that we're a part of, every infant coming into this society is deeply touched by that violence. The status

of a child in this society is that of subordination and in many cultures it is still one of property, of an object.

And so a child experiences a tremendous amount of violence and abuse – emotional, physical, sexual – in varying combinations for different individuals and in turn that leaves deep hurt and suffering. It also carries with it the capacity to visit violence in turn on whomever that other is who is subordinate. If you're a boy or a man, it's a woman and so on and on and on.

My sense is that a major part of the spiritual journey is to become aware of that violence and to interrupt that cycle, both with regard to being violent toward myself and mistreating my body, but certainly in terms of mistreating and violating other people. Whether it is through just fitting into the established institutional hierarchies that as a

white male I just can walk in, and there are certain roles there and certain expectations of how I'm supposed to behave with a host of other people. Or to highly idiosyncratic personal behaviors that I engage in outside of tightly defined institutional roles.

So the spiritual journey is about coming to awareness of those dynamics and coming to compassion for the suffering but not indulging it. That means interrupting it, intervening. And in doing that, with no notion of grandiosity as if you could change that per se, but for one's own presence and integrity as a person it's essential to see and to engage with compassion and as non-violently as possible to interrupt that activity.

In the course of that, I think one comes to understand that one has a spiritual history and different traditions talk about that differently. And ultimately a lot of that is, well, how do you make sense of the fact of so much suffering extending over such a long period of time? How do you make sense of who you have been, are, and think you will be in all of that?

I think it's very easy for all of that to become a rationalization and thus, the need to constantly go to emptiness, to constantly come to embrace, I don't know…the mystery.

The conversation brought to mind something that has really been with me lately. And that is, there's been for me this incredible miracle that's happened during my lifetime. The miracle is that we haven't destroyed the world with nuclear weapons. We have had this capacity for some time and if I had at various earlier points to have predicted or guessed what might have happened, I would've said that we could've destroyed ourselves, and it hasn't happened. I consider that to be a miracle in my lifetime, given how much of this stuff we've created and how unstable the relationships have been within which we have threatened to use the stuff.

And that makes me aware of, not only in relation to nuclear weapons, but so many other aspects of human behavior. We have the capacity to severely alter, if not destroy, life support systems as we know them - whether it's through elimination of biological species or through unanticipated effects of genetic modification, or through what we're doing to the climate, etc., etc.

It appears that given technology, given a variety of human-generated developments – all the way from growing population through the way in which we're choosing to consume – we are ever more in a position to negatively and fundamentally affect the future of the life support system. And it appears that the only thing that could now alter that future is human action of some kind or another. And so this question that you've asked seems to me to be one of the questions, not only for people spiritually or philosophically, but it's an eminently practical matter in terms of our responsibilities and how we act in response to this unprecedented set of conditions.

Jon: This brings up a new and related question for me, when you refer to the fact that we haven't blown ourselves up with nuclear weapons, at least not since those first ones, and we haven't destroyed the planet, at least in that way. Some people attribute that to a spiritual reality.

That perspective says, if you look at the facts, how likely was it that we would have gotten through that period, assuming we are through it, when it was very likely that there was going to be a nuclear war and the planet was going to be destroyed in that way?

Some people argue that the reason we got through that is because of a development of spiritual consciousness - that it wasn't simply people acting rationally or evenly prudently or even ethically that resulted in averting that so-near disaster, but it was the emergence of a kind of spiritual consciousness. That came from a whole lot of individuals not taking social action but taking various kinds of spiritual actions in terms of prayer and meditation and other things that went on.

I'm wondering what is the view of each of you about that relationship? It seems like people engage in various spiritual activities not only for their personal development but also to have some direct impact on the world thereby. Do you think that there is a spiritual factor in the fact that we may have now averted that nuclear disaster?

Ruth: Well, I was thinking when Jim was speaking about a piece of that question. And when you said it seems that only human action could avert such disaster, it raised in my mind the question of what is human action and what is divine action. An author I've been reading – Walter Wink, who wrote *Engaging the Powers*, has reinforced this. The way Wink puts it is, God is prowling the streets looking for any crack through which God can emerge to reveal God's self in the world. Wink's implication is that we humans are the cracks.

If we are open to, if we are willing to do what is called from us that would make it possible for God's revelation to move through us. I guess a deep part of me does believe that human action is open to divine intervention or guided by one's openness to divine revelation – and by revelation I'm not talking about some new revelation. I'm just talking about how it opens me to where I can be in this world – does make a difference in what happens in our physical world. Can I prove that? No. Do I have evidence of it? I think I do in various circumstances. But it's mainly a faith that I have.

Jim: It's a hard question for me, I think, because of being trained as a scientist and having absorbed a lot of the secular empiricist world view that would not perceive, and in fact cites all kinds of evidence to refute that spirituality affects the kinds of conditions that we're talking about.

At the same time, I think I'm increasingly in the last decade of my life persuaded that consciousness, human consciousness is intrinsically about spirituality. It has biophysical and psychological manifestations, etc., but it's fundamentally about spirituality. And that consciousness is not fixed. It is evolving over time. It's not widely acknowledged in our culture that consciousness evolves and what effects this has. Nor is there much acknowledgment of humans' limited understanding of what we are talking about and the consequent need for humility about what we think we know.

I also think we need to be very careful because I think that there are some forms of spirituality and some forms of spiritual consciousness that from my perspective, my intuition, are very destructive and very prone to support violence and act in violent ways.

I embrace that evolution in consciousness, happening right now, is part of cultural evolution, and that this makes a huge difference in terms of our sense of being part of a whole. Our sense of being a part of something that's very fragile; our sense of our own identities being integrally involved with the whole and with its emerging vulnerabilities. And I can't but believe that this shift is having some major effects at this point in time.

We certainly don't have much knowledge of how those causations occur. You have Larry Dossey and others and the work they do gives visibility to the power of prayer. There certainly are some effects that even appear to be empirically demonstrated at this point.

But I believe that the causal process – if causal is even the right word – is so much more complex and subtle in terms of how consciousness evolves in relation to spirituality and spiritual discipline. This complexity and subtlety extends to how consciousness and spirituality affect day-to-day affairs, whether it's an individual's health status or whether people push the button or don't push the button on a weapon.

Jon: If one does want to change the world, how much or in what way do you feel spiritual practices directly contribute to that?

Ruth: Well, it's an ongoing journey for me to learn about that for myself.

I would say in the last decade that I've thought a lot about what of my own personal spiritual practice might have an impact on the greater world. In very recent years, I have come across the Tonglen meditation, which is a Buddhist meditation. It's a practice that has to do with awareness of suffering in the world.

I think because of maybe what I came into the world with this time around being a sense of compassion – it's been with me since I can remember – that's been an acute awareness for me. There are times when it's more acute than others, but it's always with me. And that is the suffering of people in the world.

I think part of that relates to my own inner struggle with suffering, but it's not just that. And that meditation practice, which has been practiced for, I suppose, centuries in the Buddhist faith, is one of breathing in the suffering of the world, letting it pass through one's heart, becoming compassion, and breathing that compassion back out into the world.

Again, I have no scientific evidence based on the five senses that this makes a difference, and yet I do believe – and again, I think this comes down to my own faith – I believe that this makes a difference in the world. And so I practice it.

Another practice that I've recently – probably for a year now – engaged in grows directly out of the study of this book I mentioned a minute ago by Walter Wink. He

> Ruth Carey: I have to say that probably the strongest shaping of my spiritual growth and development is a direct result of being parent to those children. I say that because I was very aware of wanting to interrupt the kind of parenting I had received. Well, that's not as easily done as said, and so when I would try to do that, the forms that it took required my listening and learning new ways.

has a deep belief that not only is in a personal redemption, when one wants to repent one's destructive, harmful behaviors or ways, that one can be brought by God's intervention and love back into peace with the creator. That is a truism. But also that institutions can also be brought back to their God-given vocation.

Walter Wink believes that most institutions were established for the well being of humanity, that they have fallen away because they get focused on their own survival or their bottom line or whatever else and they go far astray, and they need to be called back. And he calls us to intercessory prayer on their behalf.

So because I've been so distressed about our own government and its actions, it's become part of my daily prayer practice to pray for the leadership and the institution of our government. And I don't have much evidence yet (laughs) of what effect that may or may not have, but I suppose one never knows that. Yet my practice has broadened with this conflict in the Middle East to include those governments or leaders or lack of them, however that gets worked out in the Middle East. Again, I have to say that I don't know that that has any impact, and yet deep in me there is a belief that petitioning from the heart on behalf of justice and peace is the right thing to do. So whether I know that it has an effect or it doesn't have an effect, it feels to me like it's the right action.

Jim: I think I've relatively late in my life, in the last decade or maybe a little more, come to a point of recognizing that spirituality and spiritual practice is extremely valuable if not absolutely necessary for social action that is any more than acting out the status quo in the sense of retribution, acting on one's own projections, and so forth.

I think for me that spirituality and spiritual practices have really grown out of my journey with deep pain that is rooted in my childhood and a struggle to heal. Healing as I have experienced it has required me to become aware of cognitive and emotional memories that I had repressed. This has involved moving from being a victim to being a survivor who as an adult has many more choices and resources including most importantly spiritual resources.

I need to know and experience the divine, life force, all around us, including being within others and me. And the challenge for intentional loving-living is accessing the divine within and at the same time in no way denying or repressing nor indulging other parts of self. Some of these patterns of emotion and behavior are hurtful and potentially destructive if not healed and the energies underlying them redirected.

> Jim Crowfoot: I think I'm increasingly in the last decade of my life persuaded that consciousness, human consciousness is intrinsically about spirituality. It has biophysical and psychological manifestations, etc., but it's fundamentally about spirituality. And that consciousness is not fixed. It is evolving over time.

In the process of both meditating and using a therapist or a guide, I have worked internally by devoting substantial time, attention, and dialogue in the interest of experiencing the divine and being open to and experiencing re-education, healing and transformation. Some individuals and groups that I've worked with in the course of my search for greater consciousness, wholeness, and meaning have lovingly and skillfully helped me.

For example, participating in the Path Work community that has brought information, experience and insight that have helped me. Presently I am a student in a tradition of teachings and practices called the Diamond Heart. This is another spiritual path that is seeking to help its adherents inquire deeply and come to know the essence of themselves, their consciousness, and in the process be able to disengage from defenses that affect perception, feelings and behavior. Also, it is very important and helpful to me to be a Quaker seeking to learn to live more peacefully and simply and to be in a loving community with others pursuing such truths. Part of this commitment is to share these understandings and ways of living and being in response to our civilization's great challenge to seek environmental and social sustainability. Our biophysical and socio-cultural life support systems are now profoundly eroded. They continue to be further threatened by violence including war making and economic exploitation that is destroying our natural environment along with the well being of many people and our collective capacities to share wealth and otherwise to cooperate for the common good.

Photo by Angela O'Brien

Knowledge and practices from psychology, spirituality, religion, natural sciences and social change have made great differences in my life. Also, I see them making differences now in the consciousness and practices that are emerging among many people. And there are a host of traditions and practices available to people seeking deeper and transformed consciousness. I am grateful to live in a time and place where so many of these incredible resources are available and where so many, many people are seeking greater consciousness, deeper truthfulness and profound social transformation.

Jon: As both of you were answering, I thought of the different ways in which we use the word suffering. Sometimes we use the word suffering to refer to our experience as a result of social institutions, say living under an oppressive regime or in a patriarchal or racist society; or economic oppression, not having the basic necessities of life. And that clearly causes a kind of suffering.

Then we use the word suffering to refer to things in our own past, often in our family of origin, at some point usually in our childhood development, where we've had experiences that have caused us to be in patterns of suffering and we work on those.

And then there's the kind of suffering that comes from not employing spiritual resources, either not making a connection with the divine or not embracing certain spiritual attitudes, for instance not embracing the principles of non-attachment or even compassion. I'm wondering what you think about the relationship of those things. One view would be that is if one has the proper spiritual state, there will be no suffering no matter what's going on in terms of your childhood or your social conditions - if you're non-attached, as in the Buddhist way to end suffering, or if you place yourself in God's hands and so on.

The other position might be that unless you deal with your own internal pain, you're not only going to continue to suffer, but you're going to find yourself perpetuating suffering. And then, there is the view that it doesn't matter what your spiritual attitude is if you have an empty stomach. So I'm wondering how you think about the relationship of those different kinds of suffering.

Jim: I think I've found myself at different times focusing on one as opposed to two of the others, and that's changed over time.

From my perspective, childhood experiences are a source of suffering and one that I believe is a central thread in the lives of all humans, in differing ways. Certainly the abuse —emotionally, physically and sexually—of children is all too prevalent in society. There is no such thing as a perfect, painless, non-suffering childhood nor is there perfection and non-suffering in the experiences of adulthood and old age. We are finite creatures; we are born, live and die.

So all of this is within our experience and to be grappled with and potentially it's a part of becoming more aware and more fully present. It's a part of understanding that you become attached to negativity and suffering, and you act it out on yourself and others, and so that can be worked with and hopefully transformed. At the same time, there is no question that institutions, in the way that Ruth was talking about, imbibe a spirit, including a spirit that departs from their good intentions, their most loving function, and become destructive. And that requires an understanding; an awareness both of what's going on, but the fact that one's been shaped by them, one's intertwined with them and capable of non violent resistance and committed, pro-active collective and individual efforts to bring about change.

I spent much of my life in a major institution, the university, where I struggled with ways in which patterns of behavior and structures there have contributed and continue to contribute to suffering. And then it seems to me that there is the fundamental matter of our human animal nature; that is, the underlying framework of our spirituality and our consciousness. That, too, gives rise to the suffering.

So I think all three of the perspectives on suffering that you described are very real and require spiritual and psychological work. And all these sources of suffering and ways of working with them are more than anyone can fully deal with in a lifetime. Therefore, part of discernment is when to focus on which one of these experiences of suffering and how to proceed with conscious spirituality in the midst of whatever circumstances you face. I don't pretend to have much maturity in this type of discernment. I am aware that I would like to be more discerning in terms of how to accept and proactively work with my circumstances as they are with the accompanying suffering and joy.

Ruth: As you laid out the various ways that suffering is thought of or interpreted, I certainly understand that those are there, and I know that I'm not non-attached, and I also know that I have great difficulty just putting myself in God's hands.

I think probably all those things are a piece of how suffering happens. But I want to share a little story that's personal that I think illustrates my experience and understanding of my own suffering in two different ways.

When I was 37, my first husband died from an illness and it was an extremely difficult experience. Our children were 5 and 8 years old. It was just a thing that I would never, ever have wanted to come into my life, and it was devastating for them and for me and for him in the process of leaving us.

After he was gone, I did some very intentional grieving work. I did some writing. I also did quite a bit of reading and a lot of reflection about what that process was like for me. The paper that I wrote reflected an insight about my own suffering, and that's what I want to share. I became aware of a kind of suffering which I think I named in the paper "the hard pain."

I began to realize that that pain was around my personal resentment that this could've happened to me. It was that ego-focused pain that was about "This is not right. This shouldn't have happened to me. Why me?" That whole focus on the injustice of that. But not in any spiritual sense, just in the sense of this isn't right. These little kids' father is now gone. And as I followed that pain, I just went around and around and around in a circle – same questions, same feelings, same responses.

At the same time, I was experiencing a different kind of suffering, which was the suffering of the loss of this

person I deeply loved. And that suffering is kind of a soft pain. It felt different in kind from the one I've just described, and it was really overwhelming.

I remember coming to the place where I felt like I'd encountered the dark night of the soul, where it was not possible to get around this. I couldn't get under or over it. I consciously knew that the only option I had was to enter it. And so I did that. And I just let the reality of the suffering of that loss be in me, and I felt it in psychological and spiritual and physical ways.

That suffering didn't just take me around and around and around in a circle. It took me to a place of deeper compassion for all those who suffer from loss or grief. And I realized after recognizing the second kind of suffering that the first kind had to be let go of if I didn't want to suffer. That was all I could do was to say, "Well, this question doesn't even apply. It's not a question of why did this happen to me, it's a question of what do I now do."

So as I let go of that, I was able to ease some of that pain that I think comes out of our inner childhood hurts perhaps or our ego structures that have been put in place with the defenses that maybe helped us function in the world. By letting that go, I could ease the suffering. The other suffering was eased by entering it fully. And although there is still a residual pain in me about that loss, the acuteness of the suffering is gone.

Photo by Angela O'Brien

Jon: I imagine for each of you there were periods when there was a greater focus on spiritual understanding, a greater focus on personal understanding and personal feeling, or a greater focus on changing society, righting injustice. Can you tell me a bit about what you observe now, looking back? Both of you, like myself, have lived a number of years. What do you notice about that over time?

Ruth: I don't know that I can lay out areas of clear demarcation between those. It feels to me more like sometimes they overlapped a bit. But I can see times in the past where the focus was stronger in one area than in another.

After my first husband died, I raised the children by myself and I was working full-time as a public health nurse and then as a faculty person teaching public health nursing. So the focus was heavily on the professional work I was doing.

But the professional work I was doing was about justice. It was about serving families who don't have equal access to the resources of our society for whatever reasons and so they had many, many needs. It felt to me like I was focusing on doing my work and I was at the same time focusing on that work being right livelihood in terms of serving people who needed to be served, and at the same time I was raising these children of mine.

I have to say that probably the strongest shaping of my spiritual growth and development is a direct result of being parent to those children. I say that because I was very aware of wanting to interrupt the kind of parenting I had received. Well, that's not as easily done as said, and so when I would try to do that, the forms that it took required my listening and learning new ways.

I'll give an example. When the children were in their pre-adolescent age or younger and they confronted me about something that I had laid down as a mandate or a rule or whatever, I learned to be quiet and listen to their confrontation of me. And I learned that when they did that, they almost always were right. They could see an aspect of the injustice of the power relationship between parent-child that I could not, in the power relationship, see.

So, they shaped a lot of how I understood the larger picture of injustice because they worked with the microcosm of it in our relationship as parent and child. From the time one of them was like 9 or 10, and the other one three years older, they were involved in making the rules of our household as well as setting up the consequences of breaking them. I talk to them now, they're wonderful young adults, and I talk to them about that and they say things like "Boy, Mom, I sure hated doing that, but it was the right thing." So they, by their participation with me, helped me learn aspects that I don't think I would've learned.

I became involved in the '80s with the peace movement in a more active way, and we were demonstrating at Williams International or whatever else we were doing, and I was part of an affinity group for a friend who was jailed because of civil disobedience there; I feel like that was the focus of the '80s. It was so informed by what went on in the '70s and early '80s in both my work with families who were suffering from lack of access, and then and my children, who were teaching me how to be fair. I think I've answered your question in terms of a difference in focus, but there was not really a separation between those segments of my life.

Jon: Jim, how have you noticed the shifting focus among those things in your life?

Jim: There certainly has been a major shift for me, and I think early on from graduate school days until mid-career my work was about social change. The vehicle for parts of it were as a college professor and a teacher and other parts were research and other things were action out in communities, but it was a very outwardly oriented kind of activity.

It was really in my 40s, in a period where my outward activity was one of a university administrator that my focus began to shift to my own inner reality and dealing with my needs for self-awareness and healing. Part of this shift was due to my commitment to examine my long standing patterns of behavior and related thinking and to stay with this work even when it became very difficult.

Then there was a considerable period of my life where this became a very major focus, and my focus on external work was reduced somewhat. Though there were periods in which I would become imbalanced and would get back focused exclusively on outward activity and away from my journey of inward psychological and spiritual discovery and healing.

I think now is the time in my life when I'm really as self-conscious as I ever have been in seeking to bring greater balance in my life between doing and being. I am seeking awareness of the outer and the inner foci of my experience and how these realities interact and influence each other.

I will say, differently than Ruth, I unfortunately didn't learn as much from my children and my family due to my own lack of awareness and openness in the stage of my life in which my children were growing up. I was doing the all too common 'male career thing' and was over-working and concentrating on the world outside of my family and outside of myself. While I sometimes tried to be more aware and open to change in my family and myself, in retrospect I can see how little I did this, i.e. my imbalance and how much more I wish I could have given and learned. Doing this caused others pain, and for this I am deeply sorry. And so I didn't bring the same set of eyes as Ruth described to what was going on within me or within my family in that period.

Jon: Both of you now are in your 60s, and I want to ask how your relationship to these questions is different now than it has been at other times in your life. In particular, let me just ask about the spiritual resources that you find now most nourishing to you and how those are different than they have been at other times.

Ruth: The first thing that comes to my mind, Jonathan, is for years I could not understand how anybody could go and work with a guru .

How can somebody else know better than you what your spiritual journey ought to be? I was so resistant to that, but now I'm working with a spiritual director. And it's very helpful to me. I think it's because of age and maturity and an opening to my own consciousness and the awareness of the totality of who I am inside, not just certain segments of who I am inside, that's allowed me to see how I could benefit from such a resource.

And that's true, I think, of many things. Quaker meetings. I don't know if in my 40s an hour of silent worship on Sunday morning could have lent itself…I could've used it, I should say…I don't know if I could've used that hour of silent worship for my own spiritual development.

I think that's possible now probably because of the same reasons that I can see myself using a spiritual director. I read much more eclectically in terms of religion or religious writers than I ever had in my young or mid-adulthood and find the same truth in every one. And I feel quite strongly that that's an evidence of my years (laughs). It's in evidence because of my years, I should say. So yes, it's made a difference that I'm older. I guess maybe there's a little truth that wisdom comes after some years (laughs). It's probably not automatic, but it feels like that has happened some for me.

Jim: I think for me, I'm very much aware of the finiteness of my own life at this point. And thus, take a much longer timeframe on a lot of the concerns that I thought at one point that I was going to make a difference on in my own lifetime.

I think along with that, I'm much more keenly aware of the unprecedented conditions that human beings are moving into, unlike any in our evolutionary history. Also, I think that now in my 60s I'm much more aware of the need for more internal work, and I'm more willing, even though I resist it frequently, to take the time and energy to do this work and to be guided in this work – both spiritually and psychologically.

Though at the same time there's a deep hunger in me that I hadn't been in touch with earlier in my life. It's a hunger to know what is. No matter whether it's what I hope it is or it isn't, but just to know what is. It's a sense of going home, that going home is coming back to who one really is, and I have a deep desire and longing to be about this inquiry, discovery and acceptance.

The other thing is that throughout my adult life there's been a growing desire for connectedness to the natural environment and to nature and for a deepened understanding of my own estrangement and our civilization's estrangement from the natural world. I find myself much more open to taking aware time with nature

Jim Crowfoot with his grandson Aidan

An Interview with Jim Crowfoot and Ruth Carey (continued)

and opening myself to some new kind of relationships and connection with life.

I think this involves humans as a part of nature as well as other life forms and some of the non-living conditions that support our living. I think I'm surer now than I was earlier in my life of the presence of the divine, more trusting of the divine presence. Clearly this isn't going to mean the absence of suffering or everything being easy or successful or any of the kinds of illusions that I was more prone to embrace at points earlier in my life.

Jon: You've been married for how long now?

Ruth: Almost 10 years.

Jon: How has your relationship to spirituality and to social action and even to self-understanding interwoven with your relationship over that time?

Ruth: Well, I can think of it more in terms of the spiritual journey than I can social action, although I think it has implications for social action.

One of things I was not prepared for, and I think of this going along with being a more mature person because I didn't think about this in my earlier marriage relationship and I haven't really thought about it in other relationships, but in this one it's been a very up-front issue. Let's say that something comes up, a conflictual kind of thing comes up, between Jim and me, and I want to fight about it, I want to get on his case about whatever this issue is about.

What I've learned in recent years is that if I will take the time to not engage that, not do that kind of conflictual acting out, but go into meditation and to spend time going inside and encountering what's really there for me, what's the issue, what are the feelings, and what are the feelings arising about and from, I almost always find that my response was not about the issue that he and I were having conflict over.

It is almost always arising out of something similar to that, that happened when I was a child and over which I had no control and about which I could do nothing. And so now, my pattern of reenactment comes into play, and I've done lot of that reenactment through my life, but now I'm learning that the conflict issue with Jim is a teacher for me. If I will use it as a teacher, I can learn where my edges are for needed healing, for greater consciousness, for getting in touch with my true essence, for moving through those things or understanding them and letting them go that are left over from injuries of childhood.

It's significantly changed the way I look at myself and the way I look at Jim to do that process, and I can't do it all the time. But, I do find myself more and more able to recognize that that's what's happening.

Jim: I think for me, it may be just what you said, but maybe stated a little differently. And that is, I'm much more aware of my own emotionality. I think it comes out of the relationship, but it also comes out of my increased capacity to bring awareness to our relationship. And I struggle with anger. I'm getting more aware of the dynamics of my anger and differing consequences that can come about. Some can be hurtful to Ruth, can be guilt-inducing for me.

Sometimes it can be a source of energy that carries me into inquiry that brings with it more than just a repetition of a cycle that has about it a lot of numbness and hurt coming at me, coming at her. And in that inquiry is the opportunity to connect with the divine, to connect with love for myself. If I can do that, I can express more of my loving feelings and potentials in my relationship with Ruth

Something very different that I think for me is spiritually very challenging that comes from the relationship, and that is the matter of when we're "we" and when we're two individual persons, and what is the experience of wholeness or unity. I'm learning that a lot of what I thought was unity isn't that at all. It's more of my projection of desire for sameness onto Ruth.

My new sense of unity and wholeness is coming to accept that it includes a lot of the unexpected, a lot of the other, a separate, different and mysterious being, and with it a connection to all of that, a trust of all of that. In other ways, I've learned a lot from Ruth in terms of her work on Walter Wink and its relationship to my Quaker experiences. I perceive spirituality, non-violence, and sexuality to be elements of a unified wholeness. I'm not meaning sexuality exclusively in a genital sexual sense, but I'm talking about sexuality as the experience of sensuality, of the life force and the network of life and the way in which these elements are an interdependent and complex dynamism. There is birth and death, evolution, continuity and discontinuity through time and space. Cooperation and conflict is ever present with interdependence that is ever changing and ever creating the new and the emergent

So a lot of this understanding —emotional, spiritual and intellectual—is really becoming much clearer to me. And I am assisted and supported by our relationship and the experience of it, but also the things that I learn from Ruth, things that we talk about contribute to my learning and to my openness to deepened awareness and learning. Also, we live in community. We live in a co-housing community, which is a type of intentional residential community. We're a part of a Quaker religious community. So the relationships that impact me, that I struggle with, are wider than just the relationship between Ruth and me. I experience in these other relationships some of the challenges of my own patterns that I have learned to become aware of in my relationship with Ruth and through her feedback to me.

> Jim Crowfoot: Our grandchildren are becoming very important relationships in my life. They bring energy, openness and loving that is so distinctive and special. To know them is an incredible gift. And that, along with the intentional community where we live and the Quaker community, for me are a counterbalance to looking into difficult realities.

Jon: When you talk about living these days in an intentional community environment of co-housing, how does your understanding of spirituality and indeed of social justice inform your lifestyle? That is, the kind of place you choose to live, the way you choose to live, the level of affluence that you either are comfortable with or aspire to, other aspects of personal lifestyle – how do you find yourself at this time in your life looking at those questions?

Jim: In choosing to be a part of the co-housing community, we struggled with living farther away from town in a more natural area and the consequences of that for our transportation and the cars and use of energy and use of open land as opposed to living in a residential arrangement that's quite densely settled. So we made some deliberate choices there.

I think also we could've been in a larger place than we're in, so we chose something that was smaller than it had been earlier in our lives. We've gone from two cars to one and gone from a conventional vehicle to a hybrid vehicle largely for environmental pollution and energy consumption reasons.

My passion in terms of social change and social activism at the moment focuses on the topic of environmental and social sustainability, which I believe is the most important global and local issue. It has to do with increasing our pursuit of justice, lowering our consumption, entering into new collaborative relationships, trying to overcome violence or the threat of violence wherever we can, and so I feel like I work on that.

I do some teaching in that area. I work on a local land trust board. I work on a local project trying to bring the concept of sustainability to this area. So I feel very fortunate in that I'm at a place in my life where my living situation and what it is I'm working on, our relationship, and my spiritual community have a great deal of synergy and complementarity.

Ruth: I was part of the choices of where we live and what we drive, and I'm glad for those because I think they're easier on the planet than would otherwise be. But I guess the things I would mention that are different from what Jim's identified have to do with my own personal life at this point, in terms of where I focus my energy.

I've focused a great deal of energy in the community in terms of the work I have been doing with a very small group of people to try to bring a higher level of equity and participation having to do with all levels of work within our community, both that which we have to do and that which people might like to do.

I'm talking about the Sunward co-housing community where we live. We're in a critical stage in terms of that decision-making policy that we've been working on for over a year. So I feel good about that.

Another area that is really important to me and always has been is the relationships that are part of my life. By living where we live, I have many children relationships. I have little people who regularly visit and with whom I feel a sense of peer relationship, and by peer I don't mean age. I'm talking about respect, that respect for each other. So that's really important.

There are two other things I'll mention. First, I visit regularly at the federal prison in Milan. Partly I can do that because I'm not working at a paid job and so I have time to do it, but also I'm at a place in my life where something I've held for a long time – and that is concern for those who are the cast aside in our society, who I think of prisoners as being – I can through an organization be available to them. I find that a part of how my lifestyle presently portrays the spiritual journey that I'm on.

The other piece is, that I regularly take care of my little grandson. And I see in him the fruits of my parenting of his mother. Because of the change I was able to make from how I was parented, as imperfect as it was – my parenting of her – and the mistakes that I made, I still can see in her the deep joy of that child's existence that is shaped so much by who his parents are.

And so it's a delight to me to be able to care for him from a very personal point of view, but also to see who he's becoming and know that in some small way I was part of that as his mother was little and growing and becoming who she was becoming. I'm not responsible for her, but had some part in who she has become.

Jim: Like Ruth, our grandchildren – her daughter and son-in-law's child, Andrew, and my daughter and son-in-law's child, Aidan – are becoming very important relationships in my life. They bring energy, openness and loving that is so distinctive and special. To know them is an incredible gift. And that along with the intentional community where we live and the Quaker community for me are a counterbalance to looking into the very difficult realities. I am exposed to these realities when I examine information about global and local unsustainability, the ways in which we're doing serious violence to each other and to the life support system that have awesome implications presently and for the people who will come after us. But along with that is this reality of connection, relationship, the wonder of children that is a source of immense joy and hope for me.

Jon: Let me ask, then, as a closing question, what kind of personal spiritual practice do each of you have at this time in your life and how is it different than it has been at other times?

Ruth: I don't think I ever thought that I would have a regular practice of prayer, but I do. And it's meaningful to me, and I find it not hard to continue.

Yoga is also a very important part of my spiritual practice and in addition to participating in classes, it's become a pretty regular part of my, not everyday life but most days of my life. And meditation. I'm not a very good meditator, if there is such a thing, but I do practice meditation, and it's very helpful to me. And then of course Quaker meetings.

Those are the main aspects in addition to the less formal things of really going out into the woods and into the fields and letting into me the bird song and the life that is there. It's very renewing for my spirit.

Jim: I think I'm struggling to establish a more fulfilling, satisfying spiritual practice for this phase in my life. I think the anchor to it is having regular connection with a teacher, and that's happening for me.

I'm doing meditation of various kinds on a more regular basis than at any time in my life. And I look forward to taking more leisure, where I can allow some artistic abilities and interests I have to become a vehicle of spiritual practice for me. I do a little of that, but not nearly as much as I yearn for.

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Calendars and Planners and Lists, Oh My!

By Su Hansen

In my dream, I was carefully trying to put each foot on a yellow brick without stepping on a crack and breaking my mother's... when suddenly the sun was blocked by flying monkeys all hurtling pages out my planner and chattering about how I wasn't even a third of the way through my to do list. Talk about monkey mind! I started running faster and faster, no longer caring where I put my foot, hoping that if I somehow ran fast enough I would get to the jeweled city and be home free. The monkeys followed, chattering in my ear until I was so distracted I tripped, falling off the golden path, right into the oblivion of the poppy fields. As I lie there, no longer caring about the path I'd left nor thinking of my destination, it began to snow. I opened my eyes and saw smiling above me, not the winged monkeys, but a warm compassionate being. Perhaps it was a good witch, an angel, maybe a Bodhisattva waving the wand. As snow fell on poppies and monkeys alike, I woke up.

What of these modern day devices; the calendar, the planner, the list that I have often tried to use with varying success to bring order out of the chaos? Can they be used to free my spirit rather than confine it? Can they be more than the lions and tigers and bears that bite off and swallow chunks of my time without regard to its value?

What a relief to find that I am already home. To find that the jeweled city exists right in the present moment, not in some future yet to be achieved. A relief also to know that a lot of the concern for doing things perfectly is a desire for the illusion of control.

Still some illusions persist and might even be seen as in some ways real. In my current reality, I am not a Buddhist nun living in a monastery in the mountains with bells being invited to sound so that I may come back to the present moment. In this illusion I am now living, I am a single mother of two, residing in Ann Arbor, the land of many opportunities and too little time to meet them all, let alone the demands placed upon me. In this land what passes for a mindfulness bell is often the abrupt beeping of my alarm clock, a horn honking when I have delayed at the stop light too long or the insidious song of my cell phone with the reminder that I have forgotten to pick up a kid somewhere.

I have often dreamed, when rushing around trying to get my kids to all their activities, of a return to my childhood. Mine was made up of summer days with a dimension all their own. A few chores in the morning, then the day unfolding at its leisure. No great plans, no rushing to get to lessons, no having to get to work on time. Perfect peace! I may be remembering those days through an MGM haze, but the picture often seems preferable to a life fit into fifteen minute time slots with only check marks next to each listed item to let me know I was alive that day.

What of these modern day devices; the calendar, the planner, the list that I have often tried to use with varying success to bring order out of the chaos? Can they be used to free my spirit rather than confine it? Can they be more than the lions and tigers and bears that bite off and swallow chunks of my time without regard to its value?

Somewhere over the rainbow these tools have become my valued traveling companions. It is not what I write down that has changed, but how I use what I've written, that's been the transformation. I no longer view the entries in my planner and my lists as directing my life. I use them as tools to clear my present moment of future plans and to get the distance I need to view the plans I've made in a more useful manner.

I find that when I have written down a plan or made an entry on my "to do" list, I can then forget about it. I no longer need to be concerned with what time I have to be somewhere or constantly remind myself that I need to take my daughter to the orthodontist on Tuesday at 8:15 or was it 8:45? I can now be fully in the present moment. Of course I had to develop a couple of new habits to support this approach. I now carry a planner and a small notebook with me during the busy times of the day. When a plan is made or I think of something that needs to be done I write it down and forget about it. I check back with what I have written at strategic times during the day. For instance, before I get in the car to run an errand, I check my list to see if there is anything additional that will fit easily into that trip. When I feel like I need a break I look at my "to do" list to find something that needs doing that will give me a refreshing change of pace or I see if I can rearrange my plans to better fit who I am that day. I do not use these tools to push myself or make myself do more.

Psychotherapist and Teacher Su Hansen

I also use my planner to make sure I have built those all-important breaks into my schedule, the ones that allow me to do what sustains my work and my being. These are such basics as eating real meals, getting needed exercise, having meaningful interactions with friends and family and of course daydreaming. Without these I become inefficient, my work is lifeless drudgery and I view my life as something to be gotten through, rather than savored.

When I sit down with my planner and discover that I have an extremely busy day I no longer feel I have to summon up my courage to face what is ahead and slog through it growling all the way. Instead, I check in with my tin woodsman and my scarecrow. These allies lend me their compassion and wit to decide if everything I've planned is really worth my time. If it's not, they guide me to let go of what isn't.

I'm not going to pretend that managing my time is always a wiz, but having such useful traveling companions has made it possible for me to ease on down the road.

Opportunities to creatively engage — at Crazy Wisdom

The Crazy Wisdom Calendar needs a photographer, and an illustrator. We would also welcome writers who want to explore subjects of interest to our readers. Articles related to the store's themes – spirituality, psychological growth, and alternative health and healing – are eagerly sought. We would also like to publish more personal essays, autobiographical ruminations, poetry, opinion pieces, and other well-written contributions.

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Jeanne Mackey Talks to Gae Winn About Communal Grief Rituals

Interview by Jeanne Mackey

Photography by Linda Lawson

Gae Winn has been practicing and studying earth-based spirituality for the past 25 years. Her training has included work with Native American (Iroquois, Lakota, and Hawaiian), African, and Asian (Chinese, Mongolian, Tibetan, Indian) teachers and various teachers of Goddess spirituality. Her experience with shamanic healing and ritual practices includes extensive work with Myron Eshowsky and Plant Spirit Medicine healer Eliot Cowan. She has studied Tibetan Buddhism with Gelek Rimpoche. For the last five years, Gae has trained with West African ritual and divination elder Malidoma Somé and Sobonfu Somé. She has led many public rituals in the Ann Arbor area and is a founding member of Ann Arbor's multi-ethnic choral group, Sacred Song.

My friend Lindsay told me about a powerful grief ritual that Gae had facilitated during a weekend shamanic workshop on death and dying with Myron Eschowsky. I asked Gae if she would be willing to offer such a ritual in the Ann Arbor area if I did the organizing, and she agreed. We scheduled it for September 2002, coinciding with the year anniversary of 9/11.

Gae is 50-something (**what?**) and lives in a 1900s refurbished farmhouse in Stockbridge. We met at my house in Ann Arbor on a sunny summer day.

Jeanne Mackey: Gae, could you tell me how you became involved in grief work?

Gae Winn: My whole life has been interwoven with death and dying. My experience has involved not only death and dying but also working as a social worker on the street with people who have suffered profound loss. It wasn't just death that brought them grief. It was loss—of relationships, of their dreams. So much had been taken from them. I learned that suffering such profound loss is a form of dying.

I began to think there was some unwritten law in this culture that we should carry this baggage of grief, tote it along with us. At the time, I was studying with Gelek Rimpoche. As my understanding of his Buddhist teachings deepened, I began to worry about what was in the bag I was carrying. I wondered how it would affect me as I myself faced my own dying. Rimpoche told me to "meditate on the dying."

Jeanne Mackey: What were some of your early experiences in this realm?

Gae Winn: People in my family started dying when I was about 4 years old. These were the elders in my family—people I was connected to. They started leaving.

I had a friend who accidentally shot himself with his father's gun when he was 8. Meanwhile, my family members continued to drop off the face of the earth. When I was 15, one of my girlfriends burned to death in a house. Another friend suicided when I was 21.

I became an old hand at funerals—each one successively less satisfying. Each new loss seemed to evoke the pain of all the previous losses. You know those movies on the Discovery channel where you see women throwing themselves on the grave? I had a yearning for that kind of release. For an inside-out release.

So I launched off into a series of alternative healing strategies that dealt with release. And almost every practitioner would say—"Oh you hold a lot of energy around your heart!"

At that point, I had become deeply involved in earth based spirituality, doing lots of rituals to honor the earth, for birthings, mothers, prosperity, and healing. Sometimes I would see people go down in grief in a ritual. But we really didn't have a way to address it.

I began to think there was some unwritten law in this culture that we should carry this baggage of grief, tote it along with us. At the time, I was studying with Gelek Rimpoche. As my understanding of his Buddhist teachings deepened, I began to worry about what was in the bag I was carrying. I wondered how it would affect me as I myself faced my own dying. Rimpoche told me to "meditate on the dying." As I did so, I learned more about how I need to behave in the everyday world, moment by moment.

Jeanne Mackey: What did you find that helped you address the grief?

Gae Winn: The notion that there's a place to go where I can release the grief. I go to my healers who understand release. I go to the earth. And I ask her permission to take what I'm holding and bury it.

When I started studying with Malidoma Somé, he talked a lot about grief and loss, and how his village in Burkina Faso dealt with the loss of a person. In their view, that person was as integral to the village as a finger or a hand is to you. Through Malidoma's teaching, I began to see the connections: the world we live in, each individual and how they add to the whole—and the bridge to the realm of the ancestors. This relates to what Rimpoche says: "Meditate on the dying."

JM: Most of us in this culture tend to keep our grief to ourselves. This is quite different from what you're advocating, which is that we actually get together as a community and grieve publicly in a ceremonial way. What do you feel is helpful about this?

Gae Winn: There's support in these settings for opening even wider than you would on your own. And it's powerful for others to acknowledge your loss. We fear that if we let our grief out, the releasing will never end. Yet it's the releasing that allows the grief to transform us, to bring healing

I believe that as a people, we're ready to do more public grieving of loss. I see the memorials people are building all over, and how they're bringing those memorials into public view. Teddy bears for the dead children, flowers, crosses along the roadside. People aren't ashamed of that. And that's a good thing.

A grief ritual not only supports the people who are here but also supports the connection to the ancestral realm. It's something that can develop whether you're young or old—the ancestral realm becomes part of your everyday world. . It's not "them and us". It's all "us." In connecting with the ancestors, you're preparing yourself—like exercising a muscle. It's a working/connecting with the Orisha in Voudou, the Great Spirit in Native American tribes, or the enlightened beings or buddhas in Buddhism. So there is an interweaving, a strengthening of the bonds between you and those beings, in whatever way you choose to speak of or to them.

JM: I think a lot of people find the idea of a communal grief ritual to be a bit overwhelming.

Gae Winn: Almost everyone who comes to these ceremonies has a fear of being overwhelmed. But that's only because we've been taught to hold our grief within—we just don't know the pathways. People who come to these rituals do so with open hearts, knowing they want to learn a different way. It can be helpful to come with no expectations of what will or should happen. Just put the energy out there. The ancestors have heard your call

JM: And afterwards?

Gae Winn: Life will feel different. I guarantee that. "How" is as different as raindrops in a storm. That's all I can say. I know you'll feel different. Come because spirit has called you to this ritual. Come and see what happens. I guarantee you will be safe. I can't guarantee no pain or fear, or that you'll experience a lightening bolt—just that you'll be well cared for. Spirit has brought you here. Make no mistake—that's the power!

A grief ritual not only supports the people who are here but also supports the connection to the ancestral realm.

JM: Could you talk about some of your spiritual influences over the years?

Gae Winn: I was drawn almost inevitably toward earth-based religions. As a child, I truly believed that you could speak to trees, flowers, and animals. As an

adult, I still hold the question: Other than in form, how am I different from a 3,000 year old redwood? I never found any answers in my Christian training—and I had plenty of that

So I began to explore earth based religions. Native American spirituality and a Celtic form of Goddess worship were my first influences. I have studied and practiced

In the midst of all the grief and horror surrounding September 11, I have to say that I'm amazed that so many people made such an intense karmic agreement to leave the planet all at the same time—I trust for the healing of the whole world...Perhaps they made this sacrifice so that we would wake up. But we're not waking up yet.

others. Ultimately, I became intrigued by the similarities in the messages of all the different religions—all the different ways of seeing our connectedness to Spirit, to the earth and each other. And this led me to shamanism.

JM: What is shamanism to you?

Gae Winn: Shamanism is an amazing way of connecting to various spirit forms, animals, teachers, guardians, and plants. It is a vehicle for me to directly experience what I have known since childhood.

As I practice it, it's a form for accessing another world that exists simultaneously with this one. It's place where healing is available from spirits of the plants, animals, and teacher spirits who are not readily available at this level. The practice of shamanic journeying releases your spirit to do healing work for yourself or someone else. This might involve trance work, a form of rattling, or some drumming. One often comes back with directions, discussion, insights, ancestral healing, or rituals that the shaman or the person involved needs to do.

When shamans from all over the world come together, they tell of landscapes and journeys with such profound similarities. Shamanism reaches into the place in each of us where we are all connected. Ultimately, we're all part of the village of the world—not just our little tribe or locale.

JM: I understand that you used to do a lot of public ritual in the Ann Arbor area. Tell me a bit about that.

Gae Winn: A main theme of the rituals was that of women reclaiming our own power within the context of earth-based spirituality. For example, we did rituals to clean up after a rape. We would restore the balance to the area with a healing ritual. The rituals mostly involved women's issues. I also did weddings and birthings. This experience supported what I later learned with Malidoma Somé.

I have always done my work in the context of community. I seek feedback from the community about the big questions. "How do we heal the earth around us so the community can be safe?" "What can we do to ensure that those of our own lineage seven generations from now will be in a healing place?"

For the last two years, I've been working in my village on issues of green space and environmentally sound practices. I just recently started a project to clean up one of the creeks in my area. We're going to write a grant to do the clean-up and also to develop a teaching package for schools in the area.

JM: The grief ritual that you and I are putting together will take place this September, a year after 9/11. Any thoughts about that?

Gae Winn: In the midst of all the grief and horror surrounding September 11, I have to say that I'm amazed that so many people made such an intense karmic agreement to leave the planet all at the same time—I trust for the healing of the whole world. Otherwise, why would they be involved in such a joint effort? I look at it as the most profound of giveaways, and am very moved by that. Perhaps they made this sacrifice so that we would wake up. But we're not waking up yet. It's one of the compelling reasons why I feel free to step out and do this work—I want people to wake up.

JM: Wake up to what?

Gae Winn: To the knowledge that we are one planet and one community. We are diverse, unique, but the hatred with which we approach one another, the disdain and negativity, has got to stop for the sake of us all. There truly is no winning this. We either learn to live together with love and harmony or we will leave this plane of existence, all of us.

Communal Ways of Grieving and Healing with Gae Winn • Sept. 10, 7-8 p.m. at Crazy Wisdom's Community Room • Gae Winn, a long-time practitioner and student of earth-based spirituality, will speak about ways of expressing and releasing grief through community ritual. She will lead a weekend workshop in Sept. that includes a grieving ceremony in the tradition of the Dagara people of West Africa. Free. Call 975-8791; mackeyj@umich.edu.

A Communal Grief Ritual with Gae Winn • Sept. 27 at 7 p.m. through Sept. 29 at 1 p.m. • During this weekend workshop, we will come together in a communal environment, finding ways to open our hearts and release our personal and collective grief for the sake of healing. Workshop leader Gae Winn will guide us through a healing ceremony she learned from the Dagara people of Burkina Faso, Africa. We will seek guidance through solo time in nature, create community through singing, drumming, eating and working together and proceed into a tradition Dagara grief ritual. $175 includes meals and lodging with discount offered. Call 975-8791; mackeyj@umich.edu.

JM: Gae, we've come to the end of our time together. Anything you'd like to add to what we've talked about today?

Gae Winn: Just that I'm finding the aging process to be fascinating, now that I'm in my late 50s.

JM: How so?

Gae Winn: I feel very rooted. I don't have to respond to everything with the desperate quality of youth. And yet, this issue of living fully in the moment has become more and more profound. I experience a calmness, an ability to observe that I didn't have when I was younger. So I am grateful for that. I'm grateful I'm now watching my children's children grow. And I'm watching my daughters struggle with their own adulthood. I am very grateful to be here to witness and interact with all that.

JM: Thank you so much for sharing your experience and beliefs, and for offering this grief work in the Ann Arbor community.

Gae Winn: You're welcome. I'm honored that you asked.

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(The interviewer, Jeanne Mackey, is a workshop leader, trainer, and musician in Ann Arbor.)

GaeWinn will facilitate a weekend workshop with a communal grief ritual at the Howell Conference & Nature Center from Friday, 7 p.m., September 27 through Sunday, 1 p.m., September 29. For more information, contact mackeyj@umich.edu or call 734 975 8791.

Almost everyone who comes to these ceremonies has a fear of being overwhelmed. But that's only because we've been taught to hold our grief within—we just don't know the pathways. People who come to these rituals do so with open hearts, knowing they want to learn a different way.

When shamans from all over the world come together, they tell of landscapes and journeys with such profound similarities. Shamanism reaches into the place in each of us where we are all connected. Ultimately, we're all part of the village of the world—not just our little tribe or locale.

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Photo by Angela O'Brien

I spent 54 years of my life trying to figure out what I "want to do when I grow up." Six years ago, when I started to channel Jacob professionally, I finally found out! My experience has shown me the many sides of being a channel. There's the watching side, where I can see someone having a personal "Aha!" There's the learning side, where I have an "Aha!" of my own. . There's the exploration side, where I see Jacob looking for ways to help us learn. There's the amazement side, where I wonder how Jacob knows so much about us. And then there's the being quiet side, where I can sit in the love, basking in the joy of such a wonderful presence as Jacob. I'm overjoyed that I finally found out what I want to do as a grown up!

- Judy Crookes, Channeler

Acupressure, Reflexology & Shiatsu

Introduction to Reflexology with Gillian Rogers • Sept. 30 or Oct. 28, 6:30-9:30 p.m. • Introduction to reflexology will give you a brief description and understanding of how reflexology started, relaxation exercises, technique and a few basic moves. $30. Call 564-3591, gillianrogers@ameritech.net.

A Weekend of Meditation and Self-Acupressure with Master Wasentha Young • Nov. 16 and 17 • Acupressure is a Chinese style of bodywork. This class will introduce the potent points on the meridians (energy pathways) that one can use to help relieve stress-related tension. With the touch of one's own hand, using gentle pressure and focused intent, one can facilitate the release of tension and promote circulation of chi (internal energy). There are many forms of meditation practices all over the world and can act as a vehicle offering an opportunity for one to see the true nature of their being and the nature of their thoughts. In practicing the art of meditation, individuals have reached states of clarity, calm, quietude and vision. Students participating in this class will learn the fundamental techniques used in the Buddhist and Taoist styles of meditation, such as sitting, standing, walking pondering, visualization, focusing and guided meditation. $150. For times, call Peaceful Dragon School of Tai Chi Chuan and Chi Kung at 741-0695; www.peacefuldragonschool.com.

Animals & Healing

Energy Healing with Animals with Ray O. Golden of Center for Intuitive Health • Oct. 13, 9 a.m.-6 p.m. and Oct. 14, 7-9:30 p.m. • This class is oriented toward working with animals. The first day is the traditional Reiki One class which can be waived if you have had Reiki from a traditionally trained Reiki Master. The second day is focused on using Reiki with animals. Only people are to attend. For cost, call 663-9724, intuitivehealth@aol.com.

Art & Craft

Piece Work-Soul Work: Common Threads with Barbara Harvey and Ann Hughes through Weber Center • Sept. 27, 7:30 p.m.-Sept. 29, 1 p.m. • Throughout the weekend, we will explore those threads that are common to many, and others that are unique to us alone. Through dialogue, journaling, Scripture reflection, poetry and working with fabric and thread, participants will come to better understand the threads that create the unique look of our collective and individual selves. $130. Call 517-266-4000, fax 517-266-4004, webercenter@admc-op.org or www.op.org/adrian/weber.

Collage Workshop with Dawn Gaden and Joan Hagen • Oct. 12, 19 and 26; 10-Noon • Explore your creativity by developing a collage. A great tool for tuning in to your subconscious and understanding your life journey! $60 with supplies provided. Call Dawn at 810-225-0463, ext. 2.

Beginning and Advanced Throwing on the Potter's Wheel with Kay Yourist of Yourist Pottery Studio • Six Mondays, Sept. 23-Oct. 28, 7:30-9:30; Six Tuesdays, Sept. 17-Oct. 22, 5:15-7:15; Six Wednesdays, Sept. 18-Oct. 23, 6:30-8:30; Six Thursdays, Sept. 19-Oct. 24, 12:30-2:30; Six Thursdays, Sept. 19-Oct. 24, 6:30-8:30 • You will learn the basics of pottery making on the wheel or continue to explore more advanced throwing techniques. By the end of the first six-week class session, you will have cylinders and mugs to keep. The results of your time in the studio will be relaxing as well as enjoyable. $155 plus basic pottery tool kit for $13. Call Kay Yourist at 622-4914; kay@youristpottery.com.

Introduction to Handbuilding with Clay with Rachel Jensen of Yourist Pottery Studio • Adults: Saturdays, Sept. 21-Oct. 26, 1:00-3:00; Kids 7 and up: Saturdays, Sept. 21-Oct. 19, 9:30-11; Kids and Parents: Sept. 21-Oct. 19, 11:15-12:45 • Everyone will learn about the basics of pottery making using different handbuilding techniques. Each class is designed for the age group of its students and all will complete the class with works to bring home. Adult class: $155, Children class: $95, Parent/Child Class: $65 each. Call Kay Yourist at 622-4914; kay@youristpottery.com.

Painting Intuitively with Shaqe Kalaj • Tuesdays, Oct. 8-Nov. 26; 6:45-9:30 • This class will place you on a path to your own creative flow: music, movement, color, poetry, memories, dreams, myth, God/Goddess, the elements and animals will accompany our return to intuitive painting. Your artwork in this class will be expressive, symbolic, literal/nonliteral and abstract. Through drawing and painting, we will explore your autobiographical history through images. $192 with supplies. Call 734-421-3179, imshacha@provide.net.

Open and Guided Art with Shaqe Kalaj • Ongoing Mondays starting Sept. 2, 7-9:30 • This class is open, meaning that each student has their own focus in medium and style. You will receive individualized attention that is focused and explorative in finding your own artistic voice. No experience necessary, just willingness to play and be surprised at what a serious artist you can be. $102 for six weeks without art supplies. Call 734-421-3179, imshacha@provide.net.

Editor's Note

Regular readers of The Crazy Wisdom Calendar will note that we did not include in this issue the section called "Background Info on the Teachers". We decided to devote the space (which normally would be used for short biographical sketches of local practitioners and teachers) to more editorial content. We apologize for any disappointment this may cause anyone. We encourage our readers to request background information from practitioners and teachers before they enroll in a class or workshop.

Artist's Way

The Artist's Way with Jill Blixt • 12 Tuesdays beginning Sept. 24, 6:30-9:45 • The Artist's Way is a proven, powerful process that helps individuals unlock their creativity and authenticity and transform their lives. It is designed for anyone interested in finding their true voice - that part of themselves they know is buried and yearns to be set free. This workshop uses writing, painting, collage, music and image making to explore and reclaim personal creativity. It is for anyone who wishes to create a handcrafted life no matter what form it takes. $30 per week includes supper and art supplies. Call 665-4577, jillblixt@aol.com.

Walking in this World: The Practical Art of Creativity with Jill Blixt • 12 Mondays beginning Sept. 23, 6:30-9:45 p.m. • Take the transformative power of *The Artist's Way* deeper with a workshop based on Julia Cameron's newest sequel entitled *Walking In This World: The Practical Art of Creativity*. Continue your journey by reclaiming your sense of wonder and exploring your curiosity. Through a variety of experiential activities you will tap your creative potential. This workshop is for those who have previously worked with *The Artist's Way* and wish to pick up where it leaves off. $30 includes supper and art supplies. Call 665-4577, jillblixt@aol.com.

Artist's Way Group with Helen Slomovits • Twelve Mondays starting Sept. 30, 7-9 p.m. • *The Artist's Way* by Julia Cameron is a practical and pro-active course designed to unlock your creativity and help you begin to steer your life in the directions you'd truly love. Sharing the journey of creative recovery and discovery with others is powerful, supportive and fun - and often makes the difference between having good intentions (only!) and actually engaging in this exciting process of change and self-discovery. The group will be reading, discussing and doing the exercises from *The Artist's Way*. $200 for Ann Arbor residents. Call Helen at 665-0409 or 994-8840, or Community Rec and Ed at 994-2300, ext. 227.

Astrology

Celestial Connections: What Makes Them Click? with Frederic Sibley, sponsored by the Astrology Study Group of Washtenaw County (ASGOWC) • Sept. 8, 3-5 p.m. • What draws us to other people? What pushes us away? What makes us stay with a person? What makes us go separate ways? The answers to such questions are closer to hand than we might think. In fact, they lie largely within our grasp in the form of our own birth charts. By studying those heavenly maps, we can come to understand what our intimacy needs actually are. And when we interface our own horoscopes with those of significant others, it's often quite clear what sort of interaction we can expect. Come and explore the possibilities in store for you! $10. Call Bon Rose Fine at 434-4555; bonrosefine@aol.com.

Electional Astrology with Ricki Reeves, sponsored by the Astrology Study Group of Washtenaw County (ASGOWC) • Sept. 14, 10-4 p.m. • This workshop is designed to provide the student with information regarding what to look for when choosing the most appropriate date/time for any particular event. We will examine how the Angles of the chart are used to describe the event, benefic and malefic placement of planets and how aspects may help or hinder the unfolding of the event. Also covered will be how to relate an event chart to an individual's natal chart and the use of Sabian symbols. $30 with early registration discount offered. Call Bon Rose Fine at 434-4555; bonrosefine@aol.com.

Meetings of the Astrology Study Group of Washtenaw County (ASGOWC) with Bon Rose Fine, Coordinator • Sept. 22, Oct. 20, Nov. 24, Dec. 8; 3-5 p.m. • The ASGOWC is an informal and friendly gathering of serious astrology students and professionals who have been meeting since 1994. They use their association for networking, engaging speakers, book recommendations, and astro-babbling (cheerfully chatting about astrology). During their monthly meetings, discussions focus on delineating members' natal charts, reviewing astrological basics, and presenting special reports on matters of interest to astrologers. They have sponsored lectures and workshops presented by notables such as Richard Smoot, Ricki Reeves, Ray Merriman and Priscilla Costello. Astrologers of all levels welcome. No charge. Call 434-4555; bonrosefine@aol.com.

Lunar Phases with Raye Robertson, sponsored by the Astrology Study Group of Washtenaw County (ASGOWC) • Oct. 6, 3-5 p.m. • Has anyone ever said, "You're a full moon type?" Well, even with no major or minor aspects between them, the relationship between the sun and moon in your natal chart allows a wealth of insight into your nature. This class will explore natal sun-moon dynamics from three perspectives: how these two lights blend in terms of signs, how they relate to each other in terms of aspect and "phase" relationship and by rulership of key points and additional aspects, how their influence reverberates throughout the chart. $10. Call Raye Robertson at 313-366-0799 or Bon Rose Fine at 434-4555; rayeroberston@aol.com or bonrosefine@aol.com.

Horary Astrology with Richard Smoot, sponsored by the Astrology Study Group of Washtenaw County (ASGOWC) • Nov. 10, 3-5 p.m. • The study of astrology reveals much more than a person's personality. Horary astrology is used to answer almost any specific question. This lecture will outline the principles and application techniques, which can answer questions about when events will occur, finding lost objects and providing guidance on specific matters. This lecture will not answer deep questions about the meaning of life, but you'll probably be able to find your lost car keys. $10. Call Richard Smoot at 484-1897 or Bon Rose Fine at 434-4555; smootfish@aol.com or bonrosefine@aol.com.

Understanding the Soul's Mission with Ricki Reeves, sponsored by the ASGOWC • June 1, 10-4 with an hour lunch break • The soul incarnates when planetary alignments symbolize the presence of opportunities to follow one's evolutionary journey through transmutation of past karma, the perceptual experience of present karma, and the impregnation of future karma. This workshop looks at the natal chart from a karmic perspective to discern the evolutionary intent of the current incarnation. $35 with early registration discount available. Call Bon Rose Fine at 434-4555, bonrosefine@aol.com.

Show and Tell Astrology with Richard Smoot and Bon Rose Fine, sponsored by the Astrology Study Group of Washtenaw County (ASGOWC) • Dec. 15, 3-5 p.m. • Are you curious about astrology? Do you want to understand more about your children, loved ones or even your boss? What types of people are you compatible with or who will really yank your chain? Join a pair of local professional astrologers for a fun evening discussion about astrology, how it works and what it can reveal. This free lecture will be followed by an ASGOWC holiday party. Free. Call Richard Smoot at 484-1897 or Bon Rose Fine at 434-4555; smootfish@aol.com or bonrosefine@aol.com.

Forecasts of 2003 with Raymond A. Merriman, sponsored by the Astrology Study Group of Washtenaw County (ASGOWC) • Dec. 27, 7:45 p.m. • This annual lecture is presented by the internationally acclaimed astrologer in 3-5 cities around the world every year since 1976. This year, he will provide one of the most unique, affordable and accurate glimpses into 2003. Very few annual presentations have so accurately described the political, psychological, economic and financial market conditions of the world, one year ahead of time, as frequently as Merriman's. Utilizing studies of cycles and geocosmic factors, this annual speech contains special discussions on the U.S. political and economic arena, interest rates, stock markets, precious metals, weather and other information relevant to traders, investors and students of astrology. It is a speech that astrologers and non-astrologers, as well as investors and non-investors will enjoy. $25 with early discount offered. Call Richard Smoot at 484-1897 or Bon Rose Fine at 434-4555; smootfish@aol.com or bonrosefine@aol.com.

Benefits, Galas & Silent Auctions

Annual Great Green Yard Sale: Reduce, Reuse, Recycle at Zen Buddhist Temple • Aug. 31 from 9 a.m.-5 p.m., Sept. 1 from Noon-5 p.m. and Sept. 2 from 9 a.m.-5 p.m. • This popular recycling sale offers furniture, household items, books, etc. which are ideal for students who are furnishing their rooms and apartments. The furniture includes couches, chairs, desks, mattresses, chests of drawers, tables and more. Many of the items were donated to the Temple by local property management companies and have been repaired and cleaned by Temple members and friends for re-use. No early arrivals, please. Call 761-6520.

Celebrate with Heart and Hope: Empatheatre's Benefit Gala! with the Empatheatre Company • Sept. 20, 6 p.m. • Empatheatre opens the 9th season with a silent auction, food, music and performance. Empatheatre enacts situations submitted anonymously by audience members the evening of the performance. $50 first two rows or $35 general seating. Call 913-9733; saraemp@comcast.net.

Family Fun Day: Open House Celebration of Ann Arbor's Premier Midwifery Arts Center and Fundraiser for The Holistic Midwifery Institute • Sept. 28, Noon-4 p.m. • The Midwifery Arts Center is home to three childbirth-related businesses: The Holistic Midwifery Institute, Harriette Hartigan's InSight Studio and Gallery and New Moon Midwifery. The Open House is celebrating our newly developed, one-of-a-kind Doula Resource Center and Gift Shop. Come for live music at the West Park Bandshell, food and drinks, face painting and a raffle. Donations only. Call Patty Brennan at 663-1523; patty@holisticmidwifery.com or www.holisticmidwifery.org.

Holiday Benefit Auction with Zen Buddhist Temple • Dec. 7, 7 p.m. • All are welcome to attend the Zen Buddhist Temple's annual benefit auction. You never know what wonderful things might turn up - gardening, housekeeping, childcare, painting, candlelight vegetarian dinners, triple chocolate chip cookies, fine vases, beautiful paintings, rock-climbing or kayaking lessons or personally guided tours of nearby attractions are just a few of the offerings from previous years. This always entertaining event is your chance to find bargains on some wonderful goods and services while supporting those in need. If you have something to donate, please contact us by Nov. 30. Call 761-6520.

Bodywork and Body/Mind Therapies

Discover Trager with Eileen Dickinson • Sept. 17, Oct. 10 or Nov. 13, 7-8:30 p.m. • Introduce yourself to a new way of feeling and moving during this talk/demo on the Trager Approach to movement education. Learn self-care movements that promote effortless ease and freedom in the body and mind. Free. Call 717-4145, edickins@umich.edu.

Introduction to Trager - Side Lying with Jackie Blackburn and Eileen Dickinson • Oct. 5, 9 a.m.-6 p.m. • One day intro to Trager principles as applied to working in side lying position. Prerequisite for three-day class Oct. 6-8. $100 with discount offered. Call Jackie at 888-755-4558; jackblac@oz.net.

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Bodywork and Body/Mind Therapies (continued)

Side Lying Somatics with Jackie Blackburn • Oct. 6-8, 9 a.m.-6 p.m. • Three days of experiential learning with demonstration and practice of working with people in the side lying position. Includes assessment and specific movement explorations with emphasis on body mechanics. $375 if registered before Sept. 15. Call Jackie at 888-755-4558; jackblac@oz.net.

Introduction to Biodynamic Cranial Sacral Training with Jan Pemberton • Six weekends: Sept. 21-22, Oct. 26-27, Nov. 30-Dec. 1, Jan. 4-5, Feb. 15-16 and Mar. 15-16 • These six weekend provide an introduction to the biodynamic cranial work. We will explore the anatomy of the fluids, membranes and bones. We will also touch on embryology and different levels of perception. $200 per weekend. Call 973-2013.

Feldenkrais Awareness Through Movement **Class with Katherine Rogers • Segment 1: Sept. 9, 23 30 and Oct. 7, 14, 21; 6:30-7:30 p.m. Segment 2: Nov. 4, 18, 25 and Dec. 2, 9, 16; 6:30-7:30 p.m. •** This is a movement re-education method that teaches people how to regain freedom of movement and flexibility. The method promotes recovery from and prevention of injuries, particularly repetitive stress injuries. Performers and athletes benefit through increased coordination and more efficient movement. Emphasis is placed on doing only what can be done easily and using visualization for anything too painful or difficult. This class is appropriate for all ages and physical conditions. $10 per class. Call 971-5285; rogers@wccnet.org.

Feldenkrais: Clinical Applications **with Nancy Denenberg through Ann Arbor Institute of Massage Therapy • Tuesdays, Sept. 24-Nov. 12; 1-2:30 p.m. •** For professionals in the healing arts or education. You will attend the public *Feldenkrais Awareness Through Movement* class (1-2 p.m.) which will be followed by 30 minutes of discussion and/or demonstration of that day's themes from the *Feldenkrais Method* as it applies to your practice. $8 per class. Call 761-1514; nancyd@corsa-inst.com.

Feldenkrais Awareness Through Movement **with Nancy Denenberg • Tuesdays, Sept. 24-Nov. 12; 1-2 p.m. •** These gentle, interesting movement patterns are usually done slowly in lying or sitting position. Each class increases effective communication between your body and brain. Range and ease of motion, posture and grace visually improve as you learn to sense and move your body. $5 per class. Call 761-1514; nancyd@corsa-inst.com.

Beginning Polarity Therapy with John Bodary, Sandra Papiez, Karen Kerns and Renee Rutz, Teachers of Polarity Center • Sept. 9, 23, Oct. 7, 21, Nov. 4, 18, Dec. 9, Jan. 6; 6:30-10 p.m. • This series of eight classes will introduce the basic theory and practice of polarity therapy. Material will include theory, hands on bodywork practice, diet, nutrition and exercise. Class is suitable for people just beginning or established bodywork practitioners. $80 per class. Call Polarity Center at 313-582-5034.

Alexander Technique: Free Your Movement, Enhance Your Life with Alice Greminger • Thursdays 8 p.m. or Saturdays 2:30 p.m. • Alexander students learn a process of changing how they move, freeing them from tension patterns and regaining freedom of movement, balance and support we all knew as children. Activities as varied as walking, computer work, performing, sports and injury prevention and recovery all benefit from Alexander study. Improve coordination while doing activities, freeing emotion and creativity. $10 per class. Call 665-0849.

Rolfing: A Gentle Approach with Leland Austin • Nov. 4, 6-8 p.m. • Often perceived as painful, Rolfing has evolved into a gentler process of unwinding and creating length within the body's myofascial web. Releasing patterns of restriction within the fascia evokes a taller, more graceful body in which inner strength, adaptability, and centeredness replace armoring and tension. A hands-on presentation for interested persons who desire the opportunity to experience a gentler Rolfing touch. Questions and discussion welcome. Free. Call 327-1066 at least 24 hours before presentation.

Cranialsacral Therapy and Consciousness for Practitioners with Linda Diane Feldt of The Ann Arbor Center for Holistic Health and Traditional Wisdom • Begins Sept. 5, 7-9:30 p.m. • A ten-week class covering the basics of cranialsacral therapy, anatomy, presence and awareness of CSF and the fluid tides. Emphasis is on developing sensitivity and intuition, as well as a solid grounding in application and scope of practice. Prior bodywork experience required. Students must have time to practice between each class. Appropriate for beginners and those who have taken a previous beginning level CST class. Small class size, with opportunities for individual attention. $150-$200 sliding scale. Call 662-4902; feldt@holisticwisdom.org.

Cranialsacral Therapy for Parents with Linda Diane Feldt of The Ann Arbor Center for Holistic Health and Traditional Wisdom • Oct. 12, 10 a.m.-1 p.m. • A workshop for parents who want to understand and to be able to utilize cranialsacral therapy concepts for their children. This workshop will also cover the theory and possible uses for cranialsacral therapy especially for children. Very basic hands-on techniques will be taught, including the still point. Includes lecture, discussion, demonstration, hands-on learning, handouts and time to address individual interest and experience. $20-$50 sliding scale. Call 662-4902; feldt@holisticwisdom.org.

Book Discussion Groups

Crazy Wisdom Reading Circle • Friday, Sept. 27; Friday, Oct. 25; Tuesday, Nov. 26; Friday, Dec. 27; 7-8:30 p.m. at Crazy Wisdom's Community Room • Reading Circle at Crazy Wisdom. Each month, a different book is chosen for reading and discussion. Sign up for the discussion and receive 30% off the purchase of the current month's title. September's selection will be *Boomeritis: A Novel that Will Set You Free!* by Ken Wilber. October's selection will be *Words of the Witches: Short Fiction from Modern-Day Witches and Their Friends* by Maggie Shayne, Evelyn Vaughn, Rosemary Edghill, Lorna Tedder and others. November's selection will be *Stupid White Men: And Other Sorry Excuses for the State of the Nation!* by Michael Moore. December's selection will be *Pay Attention, for Goodness' Sakes: Practicing the Perfections of the Heart - The Buddhist Path of Kindness* by Sylvia Boorstein. To sign up for the discussion group, stop by Crazy Wisdom or call 665-2757; crazywisdom@comcast.net.

Buddhist Teaching & Buddhist Meditation

Also see "Meditation" Section

Newcomers Day at Karma Thegsum Choling Tibetan Buddhist Center with Members of KTC • First Sunday of every month, 11:30 a.m. • A brief introduction to the Karma Kagyu Lineage of Tibetan Buddhism. Includes basic meditation instruction. Free. Call 761-7495; aaktc@yahoo.com.

Introduction to Tibetan Buddhism and Meditation at Karma Thegsum Choling with Ani Tsultrim Drolma • Oct. 22, Oct. 29, Nov. 5, Nov. 12; 7:30 p.m. • An introduction to Tibetan Buddhism, including basic teachings, history and meditation techniques. Suggested donation $40 for all four classes. Call 761-7495; aaktc@yahoo.com.

A Description of the Realization of the Eight Great Bodhisattvas (text by Mipham Rinpoche) with Venerable Bardor Tulku Rinpoche at Karma Thegsum Choling • Oct. 18, 7 p.m.; Oct. 19, 10-Noon and 2-4 p.m.; Oct. 20, 10-Noon and 2-4 p.m. • Bardor Rinpoche presents tradition Tibetan Buddhist instructions based on a text by Mipham Rinpoche. Suggested donation $60 for the weekend. To confirm dates and times, call 761-7495; aaktc@yahoo.com.

Group Meditation Practice with Aro Gar Vajrayana Buddhist Meditation Group • Sept. 9, 30, Oct. 14, 28, Nov. 11, 25, Dec. 16; 7-8:30 p.m. • Yogic song and silent sitting meditation from the Aro gTer tradition. The Aro gTer is a small family lineage within the Nyingma school of Vajrayana Buddhism. It is a non-celibate, non-liturgical and non-institutional tradition. Free. Call Dra-gyur and Sheltsal at 734-426-2527; www.aroter.org.

The Path of Instantaneous Process: the Foundation Practice of Dzogchen with Ngà-la Rig'dzin Dorje • Dec. 12, 7:30 p.m. • Dzogchen, total completeness, is the most profound, simple and immediate vehicle of Vajrayana. One can enter Dzogchen speedily through its foundation practice, Sem-de, the nature of mind series. Sem-de teachings have been extremely rare for four centuries and the Aro gTer is one of the few lineages in which it has been preserved. $15. Call Dra-gyur and Sheltsal at 734-426-2527; www.aroter.org or aroannarbor@earthlink.net.

Removing the Fetid Diaper of Depression: Embracing the Emotions as the Path with Ngakma Shardrol Du-nyam Wangmo • Sept. 20, 7:30 p.m. and Sept. 21, 9:30-5 • On Friday night, Ngakma Shardrol will present teachings on the elements and emotions, and the powerful dimension of transformation in which we can explode the banal confines of our addiction to mediocrity. Saturday, Ngakma Shardrol will continue the teachings by introducing the startlingly simple and direct methods of Dzogchen trek-chod, from the Aro gTer tradition. This program will conclude with an empowerment of the female Buddha, Yeshe Tsogyel. $10 for Friday, $50 for Saturday. Call Dra-gyur and Sheltsal at 734-426-2527; www.aroter.org or aroannarbor@earthlink.net.

Sunday Services at Zen Buddhist Temple • Sundays, Meditation Service 9:30-11 a.m. or Dharma Service 5-6:30 p.m. • Morning meditation service consists of two periods of meditation followed by chanting and a talk. Afternoon dharma service has two shorter periods of sitting meditation, sometimes walking meditation, reflection, chanting and a talk. All welcome. By donation. Call 761-6520; a2buddha@aol.com.

Introductory Zen Meditation Course at Zen Buddhist Temple • Five Thursdays beginning Sept. 12, Oct. 31 or Jan. 9; 6:15-8:30 p.m. • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself and not the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration and mindfulness practice. $120 or $100 students. Call 761-6520; a2buddha@aol.com.

Meditation Retreat at Zen Buddhist Temple • Sept. 14, Oct. 26 and Nov. 23, 7 a.m.-5 p.m. • Sitting and walking meditation, simple manual work, vegetarian meals and rest - an interval of silence and mindfulness. $60. Call 761-6520; a2buddha@aol.com.

Yongmaeng Chongjin (Fearless Practice) led by Ven. Haju Sunim at Zen Buddhist Temple • Oct. 3-6 and Dec. 26-31 • An intensive practice period, a five-day retreat which includes sitting and walking meditation and dharma talks. For more information, call 761-6520; a2buddha@aol.com.

Seminar on Korean Buddhism: "Wonhyo - His Life and Thought" led by Professor Eun-su Cho at Zen Buddhist Temple • Oct. 13, 20 and 27; 11:30 a.m.-2 p.m. • Lecture, discussion and question and answer period. Includes vegetarian lunch. $10 suggested donation per session. Call 761-6520; a2buddha@aol.com.

Overnight Introductory Meditation Course at Zen Buddhist Temple • Dec. 6-7, Friday at 7 p.m. through Saturday at 4 p.m. • This format is primarily intended for out-of-towners, but local people who cannot attend the Thursday evening course or who prefer the overnight retreat are also welcome. $160. Call 761-6520; a2buddha@aol.com.

Guide to Bodhisattva's Way of Life with Gehlek Rimpoche of Jewel Heart • Ongoing Tuesdays, 7:30 p.m. • These teachings are based upon the text, *Guide to the Bodhisattva's Way of Life*, by the 8th century author, Shantideva. A bodhisattva is one who has committed her or his entire life to becoming enlightened in order to help all beings become free from suffering. With contemporary understanding and wit, Gehlek Rimpoche conveys Shantideva's message in a way that reveals its great power to transform our lives. All are welcome. $5 suggested site donation. Call 994-3387, office@jewelheart.org.

Opening the Wisdom Eye with Gehlek Rimpoche of Jewel Heart • Sept. 14 and 15 • The whole purpose of Buddhist teaching is freedom, and freedom can only be obtained when we know the true nature of reality. This weekend course will focus on the careful, analytical process of seeing through our habitual and instinctive misknowledge, and opening the wisdom eye. $65, $50 with preregistration or $30 for Jewel Heart members. Call 994-3387, office@jewelheart.org.

When the Going Gets Rough with Aura Glaser of Jewel Heart • Nov. 4, 11, 18; 7:30 p.m. • It's up to each one of us. We can spend our lives running from pain and difficulty or we can use everything that occurs in life as fuel for awakening. This course will explore methods for transforming our difficulties into allies. $25 per session or $60 for the course ($20 and $50 for Jewel Heart members). Call 994-3387, office@jewelheart.org.

Alchemy of the Heart: The Practice of Tonglen with Aura Glaser of Jewel Heart • Dec. 7, 1-4 p.m. • Tonglen is a Tibetan Buddhist practice of responding from the heart, via the breath, and gradually cultivating the compassion within. This course will introduce the principles and practices of Tonglen. $25 or $20 for Jewel Heart members. Call 994-3387, office@jewelheart.org.

Weaving a Life that Works with Sandy Finkel of Jewel Heart • Oct. 5, 12, 19; 1-3 p.m. • This is a three-part series on practical applications of Buddhist teachings in contemporary life and covers: "Connectedness in Relationships," "Inspired Work" and "When You Know You Should But You Don't: Overcoming Barriers to Positive Change." $25 per session or $60 for the course ($20 and $50 for Jewel Heart members). Call 994-3387, office@jewelheart.org.

Meditation Session with Jewel Heart Staff • Ongoing Sundays, 10-11 a.m. • These sessions are available for all those who wish to join with others in sitting meditation. All are welcome. Those desiring meditation instruction may enroll in the Introduction to Basic Meditation course. $5 suggested site donation. Call 994-3387, office@jewelheart.org.

White Tara Practice with Jewel Heart Staff • Ongoing Sundays, 11:15 a.m.-12:15 p.m. • These sessions are meant to provide a time and place for those wishing to practice guided White Tara Meditation as a group. All are welcome. Those desiring White Tara instruction may enroll in the White Tara Healing Meditation course. $5 suggested site donation. Call 994-3387, office@jewelheart.org.

Odyssey to Freedom Internet Broadcast from New York with Gehlek Rimpoche of Jewel Heart • Thursdays, 7:30 p.m. • The Odyssey to Freedom was developed by Gehlek Rimpoche and is a point by point structure for meditation on the stages of the spiritual path. It is based on the experience of the Buddha and presented in a way that is fresh and relevant to contemporary American life. $5 suggested site donation. Call 994-3387, office@jewelheart.org.

Living Tradition of Spiritual Development (Lam Rim Teachings) with Sandy Finkel of Jewel Heart • One Sunday each month; 1:30-3:30 p.m. • Presented in a step-by-step outline, these teachings comprise the complete Buddhist path. The structure encourages successive meditation on each topic, allowing us to secure the deepest realizations on the nature of life. All are welcome. For dates, call 994-3387, office@jewelheart.org.

Understanding Buddhism: A Primer for Changing Your Life with Hartmut Sagolla of Jewel Heart • Oct. 2, 9, 16, 23; 7:30 p.m. • We all seek different kinds of freedom: freedom from conflict, financial pressures, relationships and work that isn't fulfilling. For Buddhists, freedom is a state in which we are freed from negative habits and emotions. This course introduces the basic principles of Buddhism on the path to lasting freedom. $40 or $30 for Jewel Heart members. Call 994-3387, office@jewelheart.org.

Exploring Buddhism for Young Adults (Ages 12-17) Course with Bruce Conforth of Jewel Heart • Dates and times TBA • This is a basic course designed to answer questions about Buddha's life as exemplary of the Four Noble Truths, and basic concepts surrounding the practice of Tibetan Buddhism. $30 or $20 for Jewel Heart members. Call 994-3387, office@jewelheart.org.

Reading Tibetan Mantras with Steve Kronenberg of Jewel Heart • Sept. 30, Oct. 7, 14, 21, 28; 7:30 p.m. • Learn the Tibetan alphabet and basic reading skills so Buddhist mantras and prayers may be read in their original text. $40 or $30 for Jewel Heart members. Call 994-3387, office@jewelheart.org.

Creating Space: Clarity and Insight through Meditation with Supa Corner of Jewel Heart • Oct. 6, 13, 20, 27, Nov. 3, 10; 2 p.m. • Meditation is the basis of the spiritual path and the cornerstone for a focused daily life. This course will provide instruction in the basic elements of meditation - breathing, posture, stabilizing the mind, coping with distractions, as well as establishing a daily meditation practice. $40 or $30 for Jewel Heart members. Call 994-3387, office@jewelheart.org.

Healing and Self Healing through White Tara with Kathleen Ivanoff of Jewel Heart • Nov. 6, 13, 20; 7:30 p.m. • Tara is the mother-goddess of Tibetan Buddhism, known for her quick and compassionate activity. She is particularly associated with healing and long life. This course uses visualization techniques relying on the feminine energy of White Tara to overcome physical, mental and emotional suffering. You don't have to be Buddhist to benefit from this practice. $40 or $30 for Jewel Heart members. Call 994-3387, office@jewelheart.org.

Friday Night Talks with Jewel Heart • Join various presenters as they discuss a wide range of traditional and contemporary issues. Open to the public. $5. Call 994-3387, office@jewelheart.org or www.jewelheart.org.

Ceremonies, Celebrations, Festivals & Rituals

Gateways Energy Circle with Gateways Center for Life Enrichment • Sept. 11, Oct. 9, Nov. 13, Dec. 11; 7-9 p.m. • Join with this ongoing and expanding group that participates in drumming, singing, chanting and other forms of energy creation and integration with a focus toward personal and planetary healing, as well as just having fun. $5 donation. Call 677-8889.

Fall Equinox at Crazy Wisdom with Carol Karr and Friends • Sept. 18, 7:30 p.m. • Come celebrate Fall Equinox at Crazy Wisdom with an Equinox Ritual. Free with pre-registration. Call 665-2757; crazywisdom@comcast.net.

Fall Equinox with Visitation Staff • Sept. 18, 7:30 p.m. • Conscious of the seasonal movement from light to darkness, we celebrate the Equinal moment of balance. We rejoice in summer's fullness and anticipate the blessings of fall. Free. Call 734-242-5520; visitation@ihmsisters.org.

Peruvian Manifestation Ceremony with Mateyo Empie • Sept. 18, Oct. 16, Nov. 20, Dec. 18; 7:30 p.m. • Join in spiritual community while helping yourself and planetary consciousness. The pure traditions of the Andes Mountains, hidden from the world for almost 500 years, are now accessible. Whatever your previous experience, you can immediately experience a profound level of improvement in your life by opening to the love of Pachamama (Mother Earth) and the Deep Self we share with Her children, all life on Earth. We turn over an important issue in our lives to Pachamama, "letting go and letting God", by placing a suitably tuned object into a ceremonially prepared fire. In return, we receive energy that specifically manifests the best that Pachamama can cocreate with us. $27 plus a donation of nonperishable food for a local food drive. Call 417-2750; ceremonies@shamaniccenter.org.

Family Halloween Party with UM Exhibit Museum of Natural History • Oct. 26, 2-6 p.m. open house • Wear your costume and trick or treat at the Exhibit Museum! Live bats, snakes and spiders! New this year: Cosmic Discoveries, the Broom Closet and the Pumpkin Patch. $8 ($6 museum members) in advance; $10 ($8 museum members) at the door. Adults and kids the same price. For tickets, call 647-1371 or Amy Harris at 763-4191 or Museum's main line 764-0478.

Samhain Celebration at Crazy Wisdom with Carol Karr and Friends • Oct. 30, 7:30 p.m. • Come celebrate Samhain at Crazy Wisdom in a fun-filled Samhain ritual. Free with pre-registration. Call Carol Karr at 665-2757; crazywisdom@comcast.net.

Winter Solstice with Visitation Staff • Dec. 18; 6 p.m. soup supper; 7:30 p.m. Solstice prayer • Come celebrate the arrival of winter and the gifts of darkness. Free. Call 734-242-5520; visitation@ihmsisters.org.

Yule Celebration at Crazy Wisdom with Carol Karr and Friends • Dec. 19, 7:30 p.m. • Come celebrate Yule at Crazy Wisdom. Free with pre-registration. Call Carol Karr at 665-2757; crazywisdom@comcast.net.

Special Year-End Service: Kindling Light of Wisdom Mind at Zen Buddhist Temple • Dec. 31, 7 p.m. • All are invited to share in this beautiful candle-lighting service as we take the opportunity to step back from our worldly involvements to focus on peace, wisdom and happiness for ourselves and all beings. This is a beautiful and meaningful way to mark the turning of the year. There will also be a New Year's Day Service Jan. 1 at 11:30 a.m. Call 761-6520.

Dimensions in Light Festival sponsored by Lighthouse Center • Oct. 27, 11 a.m.-7 p.m. at Washtenaw Community College • Second largest metaphysical festival in Michigan with vendors, readers, bodyworkers, ear coning, aura photography, health products and free lectures. Volunteers get in free. $5 admission. Call Nirmala at 734-663-2218.

Chakras

Chakras: Kundalini Awakening and After with Ema Stefanova • Saturday, 3-6 p.m.; date TBA • This workshop will cover kundalini physiology, methods of awakening, preparing for awakening, diet, risks, evolution through the chakras and kundalini yoga practice. Beginners as well as experienced practitioners welcome. For cost, call 665-7801; emastefanova@cs.com.

Channeling

A Channeled Evening with Jacob with Judy Crookes • Sept. 12, Oct. 16, Nov. 11, Dec. 13; 7-9:30 p.m. at Crazy Wisdom's Community Room • An evening with Jacob is a special time with a wise, gentle, loving and humorous teacher. Jacob is a Being of Light who usually speaks to each individual during the course of an evening. They will also give a short talk, take questions and conduct a guided meditation. $10. Call 913-4927, jacrookes@aol.com.

The Crazy Wisdom Calendar

Channeling (continued)

Crystal Clear Expressions Channeling Evening with Nanci Rose Gerler • Sept. 9, Oct. 7, Nov. 4, Dec. 2; 7-9 p.m. at Crazy Wisdom's Community Room • Psychic Nanci Rose Gerler channels messages of personal empowerment and spiritual guidance for this era of change. Receive inspiration and healing energies from angels and masters, designed to resonate deeply with each in attendance. $15 or donation. Call 734-449-4940.

Open House Channeling Sessions with Aaron • Oct. 9, 30, Nov. 13, Dec. 11; 7:30-9 p.m. • Aaron is a "Being of Light," a deeply loving and wise spirit who teaches with humor and compassion. He is channeled throughout the world by Barbara Brodsky, whose home is Ann Arbor. At each weekly session, Aaron will give a talk and there will be a time for questions and answers as well as a social period. Donations accepted. Call Deep Spring Center at 971-3455; info@deepspring.org.

Basic Channeling with Shala Kilmer • 8 Mondays starting Sept. 9; 6:30-9:30 p.m. • Channeling is the easiest, clearest way to get messages from the spirit world. This course will teach you to channel with ease or increase your proficiency. Limited to ten students. $335 plus $4 book. Call 248-258-8287, kilmersh@core.com or www.intuitionpath.com.

Getting to Know Your Guides with Shala Kilmer • Six Mondays starting Nov. 4, 6:30-9 p.m. • Learn the names of your spirit guides, as well as how they help you. Find our how to communicate with them to accomplish your earthly and spiritual goals. Limited to 12 students. $230. Call 248-258-8287, www.intuitionpath.com.

Mother Mary Speaks with Shala Kilmer • Nov. 16, 10-3 p.m. • Enjoy personal messages from Mother Mary. You will have a chance to ask questions and receive wisdom-filled, loving answers to them. Highly individualized. Limited to ten participants. $70. Call 248-258-8287, www.intuitionpath.com.

Talking to Your Angels with Shala Kilmer • Sept. 21, 10-3 p.m. • Angels will bring messages just for you through Shala Kilmer's channeling. Your deepest questions will be answered with love and wisdom. Plan on a joy-filled, enlightening experience. Limited to ten. $70. Call 248-258-8287, www.intuitionpath.com.

Jesus Channeled through Shala Kilmer • Dec. 7, 10-3 p.m. • Jesus will speak from his heart to yours. Through Shala Kilmer's channeling, Jesus will bring messages that offer counsel, comfort and understanding. Plan on a joyful, fun-filled day. Limited to ten. $70. Call 248-258-8287, www.intuitionpath.com.

Childbirth

Prenatal Yoga at Inward Bound with Marlene McGrath • Fridays starting Sept. 6, 9-10:30 a.m. • Prenatal classes focus on easing physical discomfort and establishing trust in the body to prepare for the birthing experience through postures, breath awareness and relaxation. $63 per 7-week series or $12 per drop-in. Call 930-1970.

Prenatal Yoga at Yoga Focus with Marlene McGrath • Mondays starting Sept. 9, 7:30-9 p.m. • Prenatal classes focus on easing physical discomfort and establishing trust in the body to prepare for the birthing experience through postures, breath awareness and relaxation. $90 per 9-week series or $12 per drop-in. Call 930-1970.

Prenatal Partner Yoga Workshop with Marlene McGrath • Oct. 5, 2-4 p.m. • Learn postures that will help you to use gravity and the breath to relax and open during labor and birth. Birth partners will learn how to assist with postures, movement and relaxation. $35 per couple. Call 930-1970.

Postnatal Yoga with Babies at Inward Bound with Marlene McGrath • Fridays starting Sept. 6, 10:45-Noon • Postnatal classes focus on postures for realignment, strengthening, toning and restoration after childbirth in a setting where infants are welcome. $63 per 7-week series or $12 per drop-in. Call 930-1970.

Newborn and Infant Care: Baby's Out, Now What? with Beth Barbeau of The Holistic Midwifery Institute • Sept. 10 or Nov. 5; 6:30-9 p.m. • This class provides expectant parents with practical insights and supportive resources to help smooth the transition to parenthood. Topics include calming the baby, preventing postpartum depression, troubleshooting health issues such as thrush, diapering, postpartum doulas, mother and infant nutrition, equipment/furniture recommendations (what's really necessary?) and reclaiming your sex life. Sleep issues will be discussed in detail, including updates from New Zealand studies on eliminating the risk of SIDS. Rather than teaching the "right" way to parent, emphasis is placed on guiding parents into developing effective solutions that will work for their families. $30 per couple with discount offered. Call 424-0023, patty@holisticmidwifery.org or www.holisticmidwifery.org.

Holistic Childbirth Preparation with Patty Brennan of The Holistic Midwifery Institute • Tuesdays, Sept. 17-Oct. 22 or Nov. 12-Dec. 17; 7-9:15 p.m. • Share in a midwife's experience with normal birth. Six-week series prepares woman and her partner for birth at home or in the hospital. Parents are encouraged to focus on prevention and wellness and make informed choices. Suggestions regarding the safe use of herbal, homeopathic and other natural therapies included. $175 per couple. Call 663-1523, patty@holisticmidwifery.org or www.holisticmidwifery.org.

Doula Skills Training and Certification with Patty Brennan of The Holistic Midwifery Institute • Sept. 19-22 or Nov. 14-17, Thursday 6-10 p.m. and Friday-Sunday 9-5 • Become a Professional Birth Assistant. This class prepares you to provide sensitive, knowledgeable and skillful care as a doula in hospital, birth center or home birth settings. Topics include labor support strategies, holistic therapies for doulas, labor massage, essential communication and advocacy skills, breastfeeding support and more. Benefit from association with an established local Doula Referral Network. No previous medical training required. $350 with early registration discount available. Call 663-1523, patty@holisticmidwifery.org.

Homeopathy for the Childbearing Year with Patty Brennan of The Holistic Midwifery Institute • Dec. 7, 9-4 p.m. • Learn to use homeopathy effectively throughout the childbearing year. The session will begin with an explanation of the fundamental components of this healing system. We will discuss the Law of Similars, the Law of Potentization, casetaking strategies, and dosage recommendations. Patty will lecture on the most prominent remedies in midwifery practice and describe how the various symptom pictures can manifest during pregnancy, labor and birth, and postpartum for both mom and baby. Appropriate for beginning to advanced students. $100 includes book with early payment discount available. Call 663-1523, patty@holisticmidwifery.org.

Crystals

Working with Rocks and Crystals with Herb "One White Horse Standing" Stevenson in Lansing, MI • Nov. 2, 9-5 p.m. • Rocks and crystals have been treasured for their beauty and healing energies since the dawn of time. Many ancient cultures had spiritual and healing ceremonies using gemstones and crystals, the Bible refers to quartz crystals more than 200 times as well as a multitude of other rocks. In this workshop, we will learn to awaken the spirit energies of the rocks and crystals, and in doing so, parts of ourselves will begin to awaken as well. Using hands-on experience, the workshop will focus on energy systems and creating a states of grace, balance and harmony where healing of the body, mind, soul and spirit can occur. Herb will also have rocks and crystals for sale. He has an amazing collection, many of which are rare or hard to find. $125 with discount offered. Call Kate or Stephanie at 517-543-6754; spiritweaver@voyager.net.

Rocks, Crystals and Shamanism with Herb "One White Horse Standing" Stevenson in Lansing, MI • Nov. 3, 9-5 p.m. • This is an advanced workshop for those who are familiar with the Shamanic Journey process, and can be taken separately or together with the Nov. 2nd workshop (see above description). For persons taking both Saturday and Sunday workshops, there will be a special evening session on Saturday. Prerequisite is the ability to journey into non-ordinary reality as taught by the Foundation for Shamanic Studies. If you have questions about this technique, contact workshop sponsors. $125 with discount offered. Call Kate or Stephanie at 517-543-6754; spiritweaver@voyager.net.

Death & Dying

Expanding into Death (Living Well - Dying Well) with Lorna Brown through Gateways Center for Life Enrichment • Nov. 23, 10 a.m.-5 p.m. • This workshop is designed especially to assist us in integrating death into the life experience. We will explore various concepts regarding death and the dying process, personal issues regarding death fears and participate in various exercises designed to experience an integrated expansion into death and also learn to assist others in their dying process. $40. Call 734-428-8748; starlab6@aol.com.

Dreams & Dreamwork

Leila Circle: Dream Group with Suzanne Eastman • Nov. 15, 7:30 p.m. • Uncover your personal dream symbols; discover common archetypes. Reenact your puzzling dream through psychodrama or reenter it through shamanic trance. Interactive, supportive group. $25. Call 665-9588; suzanne@home.msen.com.

The Healing and Spiritual Power of Dreams with Rebecca Mullen • Nov. 6, 7:30 p.m. at Crazy Wisdom's Community Room • A discussion of the healing and spiritual power of dreams. Free. Call 662-5925.

The Healing and Spiritual Power of Dreams with Rebecca Mullen • Mondays, 7:30-9:30 • Each person's dream, as presented by the dreamer, gets expanded to the rest of the group and brings light to the collective. Intimacy develops through the recognition of our unconscious psychic participation. For cost, call 662-5925.

Drumming

Drummunity Circles: Community Drum Circles led by Lori Fithian • Sept. 26, Nov. 20, Dec. 18; 7 p.m. at Crazy Wisdom's Community Room • Community drum circles for everyone. No experience or drum needed. Send email to be added to the list to find out when the next circle is. For more information, call 734-426-7818, lfith@yahoo.com.

Womyn's Drum Circle/Class with Lori Fithian • Ongoing Mondays, 7:30-9 p.m. • Learn to play hand drums and percussion and get in touch with your rhythmic spirit! $10 each night. Call 734-426-7818; lfith@yahoo.com.

Womyn's One-Day Drum Retreat with Lori Fithian • Oct. 19, 10-5 p.m. and 5 p.m.-? • Drum workshop for wanna-be and newer drummers from 10-5 p.m., followed by womyn's drum circle/potluck dinner at 5 p.m. open to all levels. Come learn the basic fun of playing hand drums and being rhythmical! Space is limited; register early. $30 for workshop. Potluck and drum circle free. Call 734-426-7818; lfith@yahoo.com.

Drumming Circle with Julie Slowik ihm and Gail Tola through Visitation • Sept. 13, Oct. 11, Nov. 8, Dec. 13; 7-9 p.m. • In many cultures, drumming has been used for celebrations and ceremonies to create unity and harmony. We will experience a variety of simple drumming techniques including the ancient patterns of the I Ching and Native American ritual. No experience necessary. All are welcome. Please bring your own drum if you have one. Some drums will be available for use. $10-$20 suggested offering. Call 734-424-5520; visitation@ihmsisters.org.

Frame Drum Bliss with Glen Velez • Sept. 21-22, Oct. 26-27, Nov. 23-24 • Weekends can be combined or taken separately. September weekend covers riq and Mediterranean tambourines; October covers North African tar and handance methods; November covers bodhran and harmonic overtone singing. $275 per weekend or $775 for three weekends. Call Judy Piazza at 248-656-1071; jpiazza@igc.org.

Rhythm Family Percussion presents Beginners Hand Drumming Workshop with Paul Militello • Ongoing Tuesdays, 7:30 p.m. • Students will explore a variety of drumming traditions, learning basic technique, spots in time, hand positions and a simple method of translating rhythm. "If you can say it, you can play it." No experience necessary. $10 per class with drop-ins welcome. Call 669-5582; rhythmfamily@earthlink.net.

Rhythm Family Percussion presents African Rhythm Workshop with Paul Militello • Ongoing Mondays, DunDun Class at 6:30, Djembe and African Hand Drumming at 7:30 • DunDun class focuses on DunDunba, Sangban and Kenkeni foundations of the djembe orchestra, the rhythms of the Mother Earth. The Djembe and African Hand Drumming is incorporated, forming a supportive circle and musical environment, learning and journeying together on the drum. $10 per class with drop-ins welcome. Call 669-5582; rhythmfamily@earthlink.net.

West African Balafon Class with Ryan Edwards • Thursdays, 5:30-7 p.m. • A holistic introduction to the basics of the balafon, an African marimba. Group playing, songs, stories, recordings, videos and more will be shared. Balafons provided. $75 for six-week session. Call Like Water Drumworks at 475-3158, www.likewaterdrumworks@hotmail.com.

West African Hand Drumming with Ryan Edwards • Ongoing Thursdays, 7-8:30 p.m. • Fun and ego-free exploration of West African djembe and dunun music. Feel, technique and repertoire are discovered through group playing, discussion, rhythmic theory and all out jams. $10 per class. Call Like Water Drumworks at 475-3158, www.likewaterdrumworks@hotmail.com.

Esoteric Anatomy & Energy Healing

Yuen Energetics with Darren Schmidt • Oct. 15, 7-8:30 p.m. • "Diseases are to be diagnosed and prevented via field assessment" is a statement from the founder of the famous medical hospital, the Cleveland Clinic. The Chinese have been using the energetic field of the body for this purpose for 3,000 years or more. The concept of using the energy field to analyze the body will be explained and demonstrations given. Treating the energy affects physical, mental and emotional health. Free. Call 302-7575; www.wholisticdoc.com.

Esoteric Healing Level I with Laurie Akerros • Nov. 8-10; 9-5:30 p.m. each day • Esoteric healing reaches beyond the physical body, accessing and affecting the emotional, mental and spiritual aspects of our being, and is based on the Ageless Wisdom teachings as presented through the writings of Alice Bailey. Students will learn to sensitize their hands and inner perception to balance the energy flow through the subtle bodies (physical, etheric, emotional, mental, causal or soul and spiritual aspects of the being). There are four core classes. $295. Call 995-2719.

Introduction to Spiritual Anatomy for Women with Dr. Linda Sayer and Elizabeth Alberda • Sept. 16, 7-9 p.m. or Sept. 28, 10-Noon • An opportunity to experience Spiritual Anatomy, a year-long study to learn the relationship and integration of our anatomy energized by a spiritual force. This introduction will present movement and meditation techniques on one particular body system. $20. Call Linda at 677-1900.

Spiritual Anatomy for Women with Dr. Linda Sayer and Elizabeth Alberda • Oct. 5, Nov. 2, Dec. 7; 10-5 p.m. • See above description. This nine-month course present movement, meditation, creativity, play and many other modalities, bringing healing and health of body systems into spiritual and physical focus. Class meets once per month into June 2003. $110 per session. Participants are expected to attend all sessions. Call Linda at 677-1900.

Introduction to Spiritual Anatomy for Men with Dr. Linda Sayer and Elizabeth Alberda • Sept. 23, 7-9 p.m. or Sept. 29, 1-3 p.m. • An opportunity to experience Spiritual Anatomy, a year-long study to learn the relationship and integration of our anatomy energized by a spiritual force. This introduction will present movement and meditation techniques on one particular body system. $20. Call Linda at 677-1900.

Spiritual Anatomy for Men with Dr. Linda Sayer and Elizabeth Alberda • Oct. 19, Nov. 16, Dec. 14; 10-5 p.m. • See above description. This nine-month course present movement, meditation, creativity, play and many other modalities, bringing healing and health of body systems into spiritual and physical focus. Class meets once per month into June 2003. $110 per session. Participants are expected to attend all sessions. Call Linda at 677-1900.

Feng Shui

Feng Shui Basics with Lynn Meadows • Sept. 25 or Nov. 12, 7-9 p.m.; or Nov. 9, 10-Noon • Create harmony in your space to promote harmony in your life through this ancient art of placement and design. Participants will leave with an understanding of Feng Shui principles (Yin, Yang, Chi and Tao). Based on self-identified goals, each participant will also receive three Feng Shui adjustments to implement in their home or office. $30 with discounts offered. Call 734-433-9102, lynnmeadows@provide.net.

Feng Shui Beyond Basics with Lynn Meadows • Nov. 9, 1-5 p.m. • Having some knowledge of the basics of the ancient art of Feng Shui, explore some of the finer points to promote harmony in your life through the creation of harmony in your environment. Learn how to balance the elements in your surroundings and to activate energies which can change the quality of your life. Each participant will receive an analysis of a room of their choice with Feng Shui recommendations to implement in that space. $60 with discounts offered. Call 734-433-9102, lynnmeadows@provide.net.

The Feng Shui of Fabrics for Interiors and Fashion with Lynn Meadows • Oct. 2, 7-9 p.m. • Discover how the ancient art of Feng Shui can aid you in the selection of fabrics to enhance your environment and support your apparel choices. Feng Shui looks at the 5 element and yin/yang qualities of an existing situation and makes adjustments to create a balance that can achieve harmony (Tao). Fabrics are an easy way to alter an unbalanced (uncomfortable) environment or create an ensemble that is appropriate for your unique character and personality for specific occasions or purposes. $30 with discounts offered. Call 734-433-9102, lynnmeadows@provide.net.

Feng Shui: Advanced Sound and Color Cures with Wendy Warrick • Sept. 16, 7-9 p.m. • As vibrational energies, both sound and color are very powerful Feng Shui tools. Learn advanced techniques and deeper metaphysical truths to catalyze bringing about transformational change in your life. $30. Call 913-9619.

Feng Shui and Architectural Styles with Wendy Warrick • Oct. 23, 7-9 p.m. • This class will cover the variables related to new construction and existing structures. We'll talk about the impact of various architectural elements and styles, site selection, and the impact of the natural elements. Using 5 Element Theory, we'll assess the site, structure and surrounding buildings to determine the probability for health, happiness and prosperity. $30. Call 913-9619.

Feng Shui and Chinese 5 Element Theory with Wendy Warrick • Nov. 2, 10 a.m.-Noon • This is an in-depth advanced class exploring using the 5 elements of wood, fire, earth, metal and water to align and harmonize the chi in your environment. This helps create a smoother flow to your life's journey. The control and nourishing cycles will be discussed as well as neutralizing imbalanced elements. $30. Call 913-9619.

Enriching Personal Chi and Body Image through the Feng Shui of Clothing with Wendy Warrick • Nov. 2, 1-3 p.m. • What clothes or clothing styles best activate your personal chi or life energy? How can you use color in your wardrobe to raise the chi in your daily life, thus helping you to feel better? Using the 5 elements theory and my intuitive abilities with color and style, we'll come up with a personal style for each participant. $30. Call 913-9619.

Feng Shui for Children with Wendy Warrick • Nov. 20, 7-9 p.m. • Children are special and so it follows that the Feng Shui applications for them are special, too. We'll discuss general Feng Shui guidelines for kids' rooms as well as special cures for situations ranging from ADD to messy rooms and more. $30. Call 913-9619.

Commercial Aspects of Feng Shui with Wendy Warrick • Dec. 9, 7-9 p.m. • Broaden your Feng Shui base of knowledge with this look at using Feng Shui to help businesses succeed in the material as well as spiritual planes. Feng Shui principles will be applied to locating or improving existing sites, and interior considerations for all types of businesses. $30. Call 913-9619.

Fish

Native Fishes of the Great Lakes with Dr. Gerald R. Smith through UM Exhibit Museum • Nov. 6, 7 p.m. • See the exhibit on Great Lakes fishes and enjoy a lecture by Gerald Smith on the history and ecology of the fishes of the Great Lakes region. Free. Call Amy Harris at 763-4191 or Museum's main line at 764-0478.

Grief & Grieving

Communal Ways of Grieving and Healing with Gae Winn • Sept. 10, 7-8 p.m. at Crazy Wisdom's Community Room • Gae Winn, a long-time practitioner and student of earth-based spirituality, will speak about ways of expressing and releasing grief through community ritual. She will lead a weekend workshop in Sept. that includes a grieving ceremony in the tradition of the Dagara people of West Africa. Free. Call 975-8791; mackeyj@umich.edu.

A Communal Grief Ritual with Gae Winn • Sept. 27 at 7 p.m. through Sept. 29 at 1 p.m. • During this weekend workshop, we will come together in a communal environment, finding ways to open our hearts and release our personal and collective grief for the sake of healing. Workshop leader Gae Winn will guide us through a healing ceremony she learned from the Dagara people of Burkina Faso, Africa. We will seek guidance through solo time in nature, create community through singing, drumming, eating and working together and proceed into a tradition Dagara grief ritual. $175 includes meals and lodging with discount offered. Call 975-8791; mackeyj@umich.edu.

The Crazy Wisdom Calendar

Healing

Spiritual Healing and Meditation with Dan Kinzinger • Sundays, Sept. 1-Dec. 29 at Noon in Crazy Wisdom's Community Room • Dan Kinzinger offers a silent healing meditation for those present and for individuals at a distance. Following the group meditation, Dan leads individual spiritual healing for those who request it. Donation. Call 734-367-9124.

> In the end, everyone is our teacher, on one level or another. The child is our teacher, our friends, our family, the stranger on the street. Every experience is a challenge; a teaching is always hidden in it. Every thought that bubbles up in our minds can teach us things about ourselves, if we are able to listen.
>
> - David A. Cooper

The Accelerated Healer Development Program: International Healer Practitioner Certification with Eve Wilson and Richard Marwood • Alternate Wednesdays for one year starting Sept. 25, 7-10 p.m. • A year-long exploration into the light, depth and power of the human being, beginning from a foundation of unconditional love. Integration of the whole person through deep transformational healing. For cost, call 248-647-3241.

Claiming the Healer Within: A Return to Your Indigenous Self Apprenticeship Program Information Meeting with Bronwen Wildflower Gates • Sept. 14, 1 p.m. • In this program, you are apprenticing to yourself, to a deeper exploration and claiming of Self. You will become more skilled at reading the sacred text that is your body and your life, learn a variety of self care techniques, as well as practice developing partnership relationship with your Wise Self, with Nature and with your body. The Program can begin any month; come to the meeting or call for a packet of information. Free. Call 734-424-2744, bronwild@aol.com.

Open Forum Night with Community for Sacred Service • Every fourth Wednesday of the month, 7-9 p.m. • Each evening, a different alternative healer is featured along with meditations and time to network with other healers. $5. Call Tamara Sutton at 734-332-7979.

Personal Healing and Planetary Healing with Essence Point Board Members • Oct. 17, 7:30 p.m. • Essence Point board members will silently channel a healing energy to engage all in attendance for planetary healing. A guided meditation or discussion may be included and we will end with individualized healing from the board members for personal healing or growth. $10. Call 741-0478; mckay@concentric.net.

Herbs, Plants & the Garden

Botany for Non-Botanists with Bronwen Wildflower Gates • Meets once monthly starting Sept. 28, 9 a.m.-4 p.m. • Learn about the inner workings of plants, their outer form and structure, their names and families. You will learn about the science of plants without excluding the mystery and magic of plant consciousness. $75 per month. Call 734-424-2744, bronwild@aol.com.

Herbs with Darren Schmidt • Sept. 17, 7-8:30 p.m. • The information given will be from Kerry Boone, the founder of Mediherb in Australia. Mr. Boone is the world's foremost leader in quality herb products and the developer of cold percolation, the new international standard for measuring herbal potency. His clients include national governments seeking advice on classifying and legislating herbs. Free. Call 302-7575; www.wholisticdoc.com.

Impact of Herbal Therapy on Clinical Practice with University of Michigan Medical School Complementary and Alternative Medicine Research Center • Oct. 3 and 4 • Many patients are using complementary therapies including herbs. Few health professionals have a strong foundation in the safe use of herbs. This class will cover how to integrate herbs in conventional practice, herbal interactions and herbal research. $145 for physicians in training; $245 for MDs. Call Faye at 998-7715; www.med.umich.edu/camrc/scheduleworkshops or fharrin@umich.edu.

Hunt Mushrooms at Maybury State Park with The Michigan Mushroom Hunters Club • Sept. 15, 10 a.m. • Come and join us for a hunt for delicious, wild edible mushrooms! Free. Call Diane Pruden at 248-676-0196; www.sph.umich.edu/~kwcee/mmhc/.

Hunt Mushrooms at Proud Lake State Park with The Michigan Mushroom Hunters Club • Sept. 22, 10 a.m. • Lots of wild edible mushrooms in the woods now! We'll show you hot to identify what's good and what to avoid. Free. Call Margie Guyot at 248-476-3251; mushroomwoman@peoplepc.com.

Hunt in Hell! with The Michigan Mushroom Hunters Club • Sept. 29, 10 a.m. • Good things grow in Hell! Join us for a hot time, hunting wild edible mushrooms. Free. Call Peter Holmes at 734-483-0290 or pholmes@online.emich.edu; www.sph.umich.edu/~kwcee/mmhc/.

Fungus Fest with The Michigan Mushroom Hunters Club • Oct. 5, 9 a.m. • Our annual "get to know your fungus" weekend! Join us for hunts, lectures and visit our display tables on the beautiful grounds of the Waterloo Recreation Area. $5. Call Peter Holmes at 734-483-0290 or pholmes@online.emich.edu; www.sph.umich.edu/~kwcee/mmhc/.

Go to Hell with The Michigan Mushroom Hunters Club • Oct. 12, 10 a.m. • Take a walk in Hell with us and learn what's good to eat and what to avoid. Free. Call Phil Tedeschi at 734-426-6182 or philt@umich.edu; www.sph.umich.edu/~kwcee/mmhc/.

Herbal Wisdom Series: Distinguishing Between Nourishing and Medicinal Herbs with Linda Diane Feldt sponsored by People's Food Coop • Sept. 3, 7:30-9 p.m. at Crazy Wisdom's Community Room • This workshop is a must for those who want to understand the basis of the Wise Woman tradition of herbology, or who want to learn more about herbology. Free. Pre-registration required by calling Laura at 994-4589; pfc@izzy.net.

Herbal Wisdom Series: The Myth of Fasting - Using Herbs for Nourishment, Not Punishment with Linda Diane Feldt sponsored by People's Food Coop • Oct. 1, 7:30-9 p.m. at Crazy Wisdom's Community Room • Popular herbology emphasizes cleansing and "purification" to build physical health. This workshop explores the actual dangers and problems with this popular misunderstanding of the human body, as well as an inspiring and fact-based talk about the importance and difficulties of actually nourishing our bodies, and how herbs can be an important ally for nourishment and support. Free. Pre-registration required by calling Laura at 994-4589; pfc@izzy.net.

Herbal Wisdom Series: Traditional Herbal Magic and Spiritual Uses of Herbs with Linda Diane Feldt sponsored by People's Food Coop • Dec. 3, 7:30-9 p.m. at Crazy Wisdom's Community Room • A diverse discussion of herbs and spirituality including alternative, conventional, current, practical and historic use. Free. Pre-registration required by calling Laura at 994-4589; pfc@izzy.net.

National Wellness Foundation with Dr. Barry Hobbs • Sept. 26, Oct. 24 or Nov. 21; 7-8:30 p.m. • This group is for anyone who has suffered with a chronic condition or disease such as allergies, asthma, chronic pain, carpal tunnel syndrome, head injuries, etc. Anyone who needs support for health goals, has questions or concerns about their health is invited. Free. Call 734-416-2442; drhobbs@c1c2.com.

Herbal Wisdom Class with Linda Diane Feldt of The Ann Arbor Center for Holistic Health and Traditional Wisdom • Begins Sept. 10 and ends Nov. 25, 7-9 p.m. • Spend ten fall nights preparing for the abundance of spring. This class will cover how to use local herbs, what parts to harvest when, an understanding of the action of plants, how herbal traditions differ in approaches, a coherent herbal philosophy, creating your own materia medica and herbs for special occasions. $100-$150 sliding scale. Call 662-4902; feldt@holisticwisdom.org.

Holistic Health

Proteins, Carbohydrates, Atkins, Safety with Darren Schmidt • Nov. 19; 7-8:30 p.m. • Don't be fooled by corporate science, the media, the food pyramid or what your neighbor thinks about the Atkins diet. Find out the truth verified by non-political, non-corporate research. Dr. Atkins has over 30 years and 70,000 patients of experience. Less than 5% of his patients come to him for weight loss. The focus of his diet is not bacon and butter. Find out more of the truth in this presentation. Free. Call 302-7575, www.wholisticdoc.com.

Evolutionary Medicine with Darren Schmidt • Dec. 10; 7-8:30 p.m. • Evolutionary Medicine is a new field of study. Its premise is that if we eat the foods on which our DNA evolved, then diseases would be non-existent. This theory is supported by science, clinical experience, anthropology and common sense. If you want good health, come to this lecture for more details. Free. Call 302-7575, www.wholisticdoc.com.

Guidelines for Maintaining Healthy Blood Sugar with Michele Loewe sponsored by People's Food Co-op • Oct. 8, 7-8:30 p.m. at Crazy Wisdom's Community Room • Find out how you can keep your blood sugar levels healthy, or manage diabetes or hypoglycemia through a natural approach to diet, use of herbs and homeopathics. Free with pre-registration required. Call Laura at People's Food Coop at 994-4589, pfc@izzy.net.

Managing Chronic Pain with Michele Loewe sponsored by People's Food Co-op • Dec. 10, 7-8:30 p.m. at Crazy Wisdom's Community Room • Though it may have many causes and manifestations, chronic pain can be alleviated with the use of naturopathic methods. Learn how herbs, homeopathics and a natural approach can determine chronic pains and causes and treat it effectively. Free with pre-registration required. Call Laura at People's Food Coop at 994-4589, pfc@izzy.net.

Holistic First Aid with Linda Diane Feldt of The Ann Arbor Center for Holistic Health and Traditional Wisdom • Nov. 9, 10 a.m.-1 p.m. • We will cover what a holistic first aid kit should include, simple bodywork techniques for acute injuries, handy herbs (both packaged and available in your lawn), a holistic first aid philosophy and integrating holistic first aid with conventional treatment. Includes lecture, discussion, demonstration, hands-on practice, handouts and examples. $20-$50 sliding scale. Call 662-4902; feldt@holisticwisdom.org.

Restoring Creative Expression: Self Help for Carpal Tunnel Syndrome with Linda Diane Feldt of The Ann Arbor Center for Holistic Health and Traditional Wisdom • Oct. 26, 10 a.m.-1 p.m. • This workshop will teach a complete system understanding and resolving most carpal tunnel problems and carpal tunnel symptoms. Thousands of people have used this method successfully, which relies on the individual to work on themselves. Not only will you learn how to work on yourself, you will also learn how to teach your friends and others how to do it. Includes lecture, discussion, hands-on learning and handouts. $20-$50 sliding scale. Call 662-4902; feldt@holisticwisdom.org.

Homeopathy

Homeopathic and Herbal Remedies for Children's Health Care with Patty Brennan • Oct. 12, 9 a.m.-4 p.m. • What are some natural remedies that can be helpful in treating common ailments of children - from newborns to teenagers? Emphasis is placed on identifying helpful resources and developing a home medicine chest or travel kit of natural remedies. We will consider remedies for specific concerns such as teething, croup, fevers, ear infections, growing pains, sports injuries and emotional imbalances. $85 with discount offered. Call 663-1523; patty@holisticmidwifery.org or www.holisticmidwifery.org.

Vaccine Choices, Homeopathic Alternatives and Parental Rights with Patty Brennan • Oct. 29, 7-9 p.m. • This class is designed to help parents obtain informed consent to "mandatory" childhood vaccinations or exercise their (often not recognized) right to informed refusal of vaccines. Topics include vaccine choices, the use of homeopathy to prevent and treat vaccine reactions and treat adverse reactions and the diseases themselves, enhancing the immune system naturally and claiming your legal rights. $10 per person or $15 per couple. $22 sourcepack available. Call 663-1523; patty@holisticmidwifery.org or www.holisticmidwifery.org.

Hypnotherapy

Hypnotherapy Training with Robert Ranger • Classes begin Oct. 12, 9 a.m. • Comprehensive training in hypnosis and hypnotherapy for students to become Certified Hypnotherapists to help clients and fellow students release and resolve limiting beliefs and destructive patterns. $695 for each of the three courses. For dates and times, call 517-374-6156.

Infant Massage

Infant Massage Classes with Audrey Simon • New classes begin monthly • Four-week class to learn the benefits and methods of interactive massage according to baby's individual needs. The purpose of this class is to enhance loving communication and bond between baby and caregiver. $85 includes handbook, bottle of oil and handouts. Call 741-9706; audreysimon@aol.com.

Integrative Medicine

Introduction to Medical Intuition with University of Michigan Complementary and Alternative Medicine Research Center • Sept. 13, 8:30 a.m.-12:30 p.m. • Learn the tools to access your intuition presented in a clear and systematic way for healing yourself and others. $50 or $25 for students. Call Faye at 998-7715; fharrin@umich.edu or www.med.umich.edu/camrc/scheduleworkshops.

Integrative, Conventional and Complementary Medicine with Brian Berman • Sept. 18, Noon-1 p.m. • This program consists of four interdependent units that consist of research, education and clinical care. Free. Call Faye Harrington at 998-7715; fharrin@umich.edu.

Intuitive Awareness & Psychic Development

Drop-In Intuitive/Psychic Readings with Diane Evans in the Crazy Wisdom Tea Room • Saturdays, 2-5 p.m. • $1 per minute. No appointment necessary. Call 327-9568; evnsd7@aol.com.

Intuition Study Group with Diane Evans • Sundays, Sept. 15 - Dec. 8; 11-11:55 a.m. • Discussion, skill building and application are the three means this study group will utilize to explore intuition and develop a strong, clear connection with it. Facilitated by Diane Evans, this interactive growth opportunity is open to anyone interested in learning more about the subject and how we can use intuition in our personal and professional lives. We will work at a beginning level from September through December, and at an intermediate level starting with the winter term. Come to any or all of the explorations. $10 per session. Call 327-9568; evnsd7@aol.com.

Foundations in Psychic Development with John Friedlander • Oct. 12, 9:30 a.m.-5 p.m. • Learning how to be aware of, and how to transform our aura (a bubble of spiritual energy surrounding us) transforms our love and life experiences. While the exploration and healing of the aura is an incredible adventure that can fill a lifetime, the basic system can be learned in a day. In the seminar, every exercise furthers the development of at least one of the two basic abilities: finding one's own psychic energy (one's own authentic impulses) and clearing blocks to further progress. This class carries the student well on the way to developing the advanced skills of opening clairvoyance and reading auras. $75. Call Anita at 734-741-0478; mckay@concentric.net.

Photo by Angela O'Brien

What I love about working with people in life transitions, such as career, retirement, health and relationship changes, is journeying with them-as they increase their happiness, discover the unique gifts they can offer the world and find joy amidst life challenges.

- Counselor and Career Coach Melanie Fuscaldo

Essence Point Psychic Reading Practice with Anita McKay • Sept. 12, Oct. 10, Nov. 14, Dec. 12; 7:30-9 p.m. • These practice sessions are specifically designed for those who have studied with psychic John Friedlander or use his system of psychic development. Others may come on a trial basis and it is preferable to have read *Basic Psychic Development: A User's Guide to Auras, Chakras and Clairvoyance* by John Friedlander and Gloria Hemsher to become acquainted with the terminology. Each session focuses on different aspects of psychic reading. $2-$12. Call 741-0478, mckay@concentric.net.

Develop Your High Sense Perception: Dissolve the Veil Between the Material and Spiritual Worlds with Lucinda Kurtz • Oct. 23, 7:15-9:15 p.m. at Crazy Wisdom's Community Room • Learn to expand your usual sensory perceptions and develop heightened means to access guidance and information. In this experiential workshop, you will identify which of your senses is most acute and learn techniques to deepen your capacity to experience nonphysical reality. $30. Call 665-9160; lindakurtz@aol.com.

Intuition: The Owner's Manual with Shala Kilmer • 8 Thursdays starting Sept. 12, 6:30-9:30 • Learn to use your own psychic abilities. Results are immediate. Many techniques taught. Limited to 12 participants. $335 plus $10 book. Call 248-258-8287; kilmersh@core.com or www.intuitionpath.com.

Psychic Development and Meditation I with Penny Weaver • Oct. 5, 10 a.m.-5 p.m. • Learn the positive benefits of meditation and how to achieve them in a step-like process. Psychic development and other tools to enhance meditation and its benefits will be taught in this course. Bring your lunch. For cost, call 248-374-1070; pennyweaverj@aol.com.

Psychic Development and Meditation II with Penny Weaver • Nov. 2, 10 a.m.-5 p.m. • More techniques to enhance meditation including self-hypnosis, the Medicine Wheel and Qabalah. Bring your lunch. For cost, call 248-374-1070; pennyweaverj@aol.com.

Intuitive Awareness 1: Awareness and Intuitive Self Healing with Ray O. Golden of Center for Intuitive Health • Oct. 5 and 6, 10-5 • Learn simple and powerful techniques to begin to perceive, ground and heal your psychic and emotional space, aura and chakras. These tools allow you to do personal healing while developing your intuitive perception. Learn to clear others' energies out of your field, which can be particularly valuable when you are dealing with negative or draining energies in work and personal life. You also learn to communicate with both your own and others' (people and animals) God-of-the-Heart (Higher Self), and to do readings from that level. Also Preparation for Animal Communication. $149 with discounts offered. Call 663-9724, intuitivehealth@aol.com.

Intuitive Awareness 2: Deepening Awareness and Skills with Ray O. Golden of Center for Intuitive Health • Nov. 9 and 10, 10-5 • Continue to develop your intuitive perception, do personal healing and learn to recognize and heal layer and boundaries of the aura and out of body chakras. Connect with one of your healing guides to communicate and do healings. $159 with discounts offered. Call 663-9724, intuitivehealth@aol.com.

The Crazy Wisdom Calendar

Intuitive Awareness & Psychic Development (continued)

Intuitive Awareness 3: Putting It All Together with Ray O. Golden of Center for Intuitive Health • Dates and times TBA • Read auras and do professional quality clairvoyant readings. Learn to communicate directly with guides. Prerequisite Intuitive Awareness 1 and 2. For complete information, call 663-9724, intuitivehealth@aol.com.

Intuitive Awareness 4: Channeling with Ray O. Golden of Center for Intuitive Health • Time and date TBA • Learn to safely become a conscious channel using a technical system as your foundation. Prerequisite Intuitive Awareness 1 and 2. For cost, call 663-9724, intuitivehealth@aol.com.

Kids & Young Adults

Children's Story Time with Storyteller Alyssa Lazar • Saturdays, 10:30 a.m. at Crazy Wisdom's Community Room • Story time at Crazy Wisdom! All children are welcome to come listen to stories with us! Children must be accompanied by an adult. Free. Call Crazy Wisdom Bookstore at 665-2757; crazywisdom@comcast.net.

Knowing Your Anger and Managing It for Middle Schoolers with Su Hansen • Oct. 21, 28, Nov. 4, 11, 18, 25, Dec. 2, 9; 4-5:45 p.m. • For complete description, see listing under Personal Growth.

Knowing Your Anger and Managing It for High Schoolers with Su Hansen • Oct. 16, 23, 30, Nov. 6, 13, 20, Dec. 4, 11; 4-5:45 p.m. • For complete description, see listing under Personal Growth.

Mindful Stress Management For Teens with Su Hansen • Oct. 15, 22, 29, Nov. 4, 11, 18, 25, Dec. 2, 9, 16; 4-5:45 p.m. • For complete description, see listing under Relaxation & Stress Management.

Dinosaur Discovery Day with UM Exhibit Museum of Natural History • Dec. 7, 10 a.m.-4 p.m. • For complete description, see listing under Natural History.

Yoga for Kids with Barbara Brookens-Harvey through Inward Bound Yoga • Wednesdays, 4:15-5:05 p.m. • For complete description, see listing under Yoga.

Prenatal and Postnatal Yoga with Marlene McGrath through Inward Bound Yoga • Friday mornings • For complete description, see listing under Yoga.

Family Halloween Party with UM Exhibit Museum of Natural History • Oct. 26, 2-6 p.m. • For complete description, see listing under Ceremonies, Celebrations, Festivals & Rituals.

Native American Living Traditions Family Day with UM Exhibit Museum of Natural History • Nov. 17, Noon-4:30 p.m. • For complete description, see listing under Native American.

Youth Modern Dance Technique for Ages 9-16 with Dance Gallery Studio • Sept. 15, Oct. 13, Nov. 17, Dec. 15; 1-2:30 p.m. • For complete description, see listing under Movement & Dance.

Wonders of Nature: Exploring Nature with Children Ages 3-5 with Dawn Gaden • Ongoing Group 1: Sept. 2, 4-6 p.m.; Group 2: Sept. 3, 2-4 p.m. • For complete description, see listing under Nature & Wilderness.

SAGE: Supporting Adolescent Growth and Empowerment with Betz King • Tuesdays, 4:30-6 p.m. • For complete description, see listing under Therapy & Support Groups.

Feng Shui for Children with Wendy Warrick • Nov. 20, 7-9 p.m. • For complete description, see listing under Feng Shui.

Yoga for Moms/Dads with Little Ones with Ema Stefanova • Dates and times to be picked by the parents • For complete description, see listing under Yoga.

Children's Sunday School with Lighthouse Center • First and Third Sundays of each month; gathers at 10 a.m. and begins 10:30 a.m.-12:30 p.m. • For complete description, see listing under Spiritual Development.

The Labyrinth

Veriditas Invites You to the Theater of Enlightenment with Dr. Lauren Artress through Weber Center • Sept. 13, 7:30 through Sept. 15, 1 p.m. • Through the Theater of Enlightenment, Dr. Lauren Artress offers a broader format for a profound labyrinth experience. Presentations will be directed toward inner exploration and discovery that open up our imaginations and provide access to the Spirit. For cost, call Grace Cathedral at 415-749-6358, fax 451-749-6357, pamelao@gracecathedral.org or www.gracecathedral.org/labyrinth. Or contact Weber center at 517-266-4000, fax 517-266-4004, webercenter@admc-op.org.

Labyrinth Facilitator Training with Dr. Lauren Artress through Weber Center • Sept. 16, 9 a.m. through Sept. 17, 5 p.m. • This two-day intensive workshop will prepare you to introduce the labyrinth to others in a clear and effective way. The workshop is intended for those who have an ongoing relationship with the labyrinth, experience in leading small groups and a vision of how they would like to use the labyrinth in their life's work. An application is required. For cost, call Grace Cathedral at 415-749-6358, fax 451-749-6357, pamelao@gracecathedral.org or www.gracecathedral.org/labyrinth. Or contact Weber center at 517-266-4000, fax 517-266-4004, webercenter@admc-op.org.

Walking the Labyrinth with Visitation • Sept. 6, Oct. 4, Nov. 1, Dec. 6 • "The labyrinth is an archetype of wholeness, a sacred place that helps us rediscover the depths of our souls." - Lauren Artress, *Walking the Sacred Path*. The labyrinth is a metaphor for the spiritual journey. It is found in many religious traditions. During the Middle Ages, Christians journeyed to pilgrimage cathedrals where they walked the winding path. Everyone is welcome to walk this sacred path anytime throughout the day. Free. Call 734-242-5520; visitation@ihmsisters.org.

Love & Relationships

Overview of *The Wizard of Oz and Other Narcissists*: Coping with One-Way Relationships in Work, Love and Family with Eleanor Payson • Sept. 29, 2-4:30 p.m. at Crazy Wisdom's Community Room • An introduction and overview of Eleanor Payson's newly released book, *The Wizard of Oz and Other Narcissists*. How to identify unhealthy narcissism in a person and its impact on others. How to establish and maintain boundaries when you are involved with a narcissistic individual. How to heal the underlying wounds to "self" that make you vulnerable in these relationships. Free. Call 586-776-8077; www.eleanorpayson.com.

Introduction to Imago Relationship Therapy for Couples and Singles with Carole Kirby • Oct. 20, 2-4:30 p.m. at Crazy Wisdom's Community Room • Come learn how the unconscious forces that attract us to a partner are also the source of conflict and power struggles. Find out how our hurts from childhood greatly influence our patterns of perception and behavior. The goal of Imago therapy is to free couples from the power struggle by changing their reactive and ineffectual behaviors into a force for compassion, healing and growth. Based on the book *Getting the Love You Want* by Dr. Harville Hendrix. Everyone welcome! Free. Call 734-358-7766 or 586-776-6622, www.therapy4couples.com.

Passage to Intimacy: Class for Couples with Linda and David Lawson • 8 Saturdays starting Sept. 28, 10 a.m.-Noon • This PAIRS Program class teaches skills that improve intimate relationships. In this class, couples will learn how to enhance communication, handle conflict creatively and uncover pitfalls and hidden expectations that sabotage relationships. PAIRS is skill training, not psychotherapy. It is easy to learn and apply in daily life. $80 per couple. Call Linda at 213-3568; ldlawson@umich.edu or lindalawson.net.

Love Hunger: Having the Relationship You Want with Jacqueline Doneghy and Richard Dutton • Ten sessions starting Oct. 9, 7:30-9 p.m. • In relationships, we often look for what we didn't get as kids - self worth, comfort and support. In trying to get those needs met as adults, we search for love in all the wrong places. In this group, you will learn strategies and tools for finding love in your life. $250 with some insurances accepted. Call Richard at 734-417-4384 or Jacqueline at 734-546-0833; rfd731@earthlink.net.

> If we want to make something really superb of this planet, there is nothing whatsoever that can stop us.
>
> - Shepherd Mead

Couples Group: Enjoying the Journey of Marriage with Jacqueline Doneghy and Richard Dutton • Ten sessions starting Oct. 10, 7:30-9 p.m. • In a healthy relationship, each person needs someone to love, something to do and something to look forward to. This group will help you learn strategies and tools for managing the emotional baggage of the past, enjoying what you have now and building for the future. $250 with some insurances accepted. Call Richard at 734-417-4384 or Jacqueline at 734-546-0833; rfd731@earthlink.net.

Rebuilding Your Marriage After an Affair through St. Joseph Mercy Hospital • Dec. 4, 7-8:30 p.m. • Learn ways to heal from the emotional upset of an affair and avoid the most common pitfalls. $15. Call 712-5800.

Massage

Drop-In Massage at Crazy Wisdom Tea Room with Michael Bratcher • Saturdays, 2-5 p.m. • Come in to Crazy Wisdom at the end of your week and get a massage! $1 a minute. No appointment needed. Other times may be added with sufficient interest. Call 665-2757.

Massage: Learning to Give and to Receive with Linda Diane Feldt of The Ann Arbor Center for Holistic Health and Traditional Wisdom • Begins Sept. 4, 7-9:30 p.m. • An eight-week class covering the basics of massage. Perfect for couples, as an introduction to professional massage or just for fun. This same course was one of the most popular classes offered by the Ann Arbor Rec and Ed program for seven years. An illustrated manual and video are included in the cost. Tables provided. $100-$150 sliding scale. Call 662-4902; feldt@holisticwisdom.org.

Meditation

Essence Point Silent Group Meditation • Sundays, Noon-1 p.m. • Essence Point offers a 50 minute period of unguided silent group meditation every Sunday. Comfortable chairs provided or bring a cushion is you prefer. People from any spiritual practice welcome. Donations accept. Call Anita McKay at 741-0478.

Advanced Meditation with Penny Weaver • Sept. 14, Oct. 12, Nov. 9 or Dec. 14; 10-11:30 p.m. • Learn advanced meditation techniques to improve your psychic abilities. For cost, call 248-374-1070, pennyweaverj@aol.com.

Residential Meditation Retreat with John Orr and Barbara Brodsky of Deep Spring Center • Nov. 1 in the evening through Nov. 3 in the afternoon • The foundations of the weekend are Insight Meditation and deepening mindfulness in every moment. The meditations derive from Buddhist Theravadin tradition but no special religious beliefs are necessary to their practice. We'll be alternating sitting and walking meditation. Although the retreat will be held in silence, there will be clear instructions, evening talks and optional discussion periods with the teachers. Mindfulness throughout the 24 hour day will be a focus. Another focus of this retreat will be the practice of sympathetic joy, that is nurturing joy for others, regardless of our own predicament. Our heart's willingness to open is a key to spiritual development. Besides insight practice, we will deeply touch our heart's center with chanting drawn from several traditions and meditations based on lovingkindness and non-dual awareness. $205 for the weekend covers room and board. For a complete flyer, call 971-3455, info@deepspring.org.

One Day Non-Residential Meditation Retreat with Cassie Camman, Carol Blotter and Barbara Brodsky of Deep Spring Center • Sept. 21, 9:30-5 • Offered as a fund raiser for Michigan Friends Center. Insight Meditation is a simple and direct practice: the moment to moment investigation of the mind/body process through calm, focused awareness - which allows us to experience sensations, emotions, thoughts and consciousness with greater clarity and balance. This frees our mind from conditioned patterns of self-centeredness, negativity and confusion, opening our heart to deeper wisdom and compassion. This process of opening compassionately to ourselves moves from the sitting period to the whole of our lives. Each moment is practice for our growth toward wholeness and harmony. This practice derives from Buddhist teachings but no special religious beliefs are necessary. We perform no religious rituals. The meditation practices are suitable for those of any religion. We balance insight practice with a deepening awareness of our true nature, not as something which we strive to manifest but as that which is eternal and present NOW. We will also work with other forms of meditation which nurture non-dual awareness and open the heart. This one day retreat is suitable for beginning and experienced meditators. There will be instruction in sitting and walking meditation, silent practice and discussion. A silent room will be available for those who are already familiar with the practice and may prefer total silence. Besides dialogue and instruction, the day including lunch will be held in silence. Please bring a lunch. $30. No one denied for financial reasons. Call 971-3455, Carole at 734-475-0942 or Cassie at 662-6704; info@deepspring.org.

Insight (Vipassana) Meditation with Barbara Brodsky and Frank Levey of Deep Spring Center • Tuesdays: Sept. 17, 24, Oct. 8, 22, Nov. 5, 19, Dec. 3, 17; 7:15-9:45 • See above description of Insight Meditation. Each class will begin with a sitting, followed by a talk or instruction and discussion. We will often break into smaller group for discussion. There will be a special focus on deepening practice and bringing meditation into everyday life. This year, we will use the book *Seeking the Heart of Wisdom* by Joseph Goldstein and Jack Kornfield as well as additional readings. Appropriate for continuing students at every level. $30 building fee plus $100 teachers donation for semester, which continues into mid-June. Call 971-3455, info@deepspring.org. You may also call Frank at 734-429-5096.

Introduction and Continuation to Insight (Vipassana) Meditation with Carol Blotter and Cassie Cammann of Deep Spring Center • Tuesdays starting Sept. 24, 7:30-9 p.m. • See above description of Insight Meditation. This introductory course will offer the basic instructions for Insight Meditation. $50. Call Ann Arbor Community Rec/Ed at 996-2300. Call 971-3455, info@deepspring.org. You may also call Carol at 475-0942 or Cassie at 662-6704.

Meditation with Ema Stefanova • Ongoing Sundays, 3:15-4:45 p.m. • Meditation is a spontaneous experience that occurs when one achieves total relaxation and awareness. We will be practicing different techniques to develop pratyahara (relaxation) and dharana (one-pointed awareness), which lead to complete meditation. Students may start at any time. For cost, call 665-7801; emastefanova@cs.com.

Wednesday Evening Meditation for the General Public with Brenda Morgan • Oct. 16 and Dec. 11, 7-8:15 p.m. • Brenda has been blessed with a spiritual transformation in which Inner Enlightenment/No Mind Within has occurred. This evening is set aside for those interested in exploring and connecting to someone who is in a spiritually transformed space. As a Westerner, Brenda is always exploring how to communicate this transformation with those who have a connection with the world and wish to continue to interact with it as they evolve. Love offering/donation. Call Susan at 665-0536.

Introductory Meditation Lecture with Chetana of Lighthouse Center • Sept. 20, Oct. 25, Nov. 29; 7-10 p.m. • Introductory lecture on mantra meditation and empowerment with a mantra. $50 for first time; $15 for repeat. Call Nirmala at 734-663-2218.

Intensive Meditation with Lighthouse Center • First and Third Fridays of each month, 7-10 p.m. • Mantra meditation, 20 minutes on each of the seven chakra centers. No cost; love offering. Call Prachi at 734-449-4381.

Sunday Candlelight Healing and Meditation Ceremony with Lighthouse Center • Sundays, 6-7:15 p.m. • Candle lighting, Sanskrit chanting, mantra meditation, affirmations, visualization and a healing circle. Reiki healing during meditation for all who wish it. No cost; love offering. Call Prachi at 734-449-4381.

Thanksgiving Eve Meditation with Lighthouse Center • Nov. 27, 7-8:30 p.m. • A special meditation to give thanks through group consciousness. Potluck to follow. No cost; love offering. Call Prachi at 734-449-4381.

Christmas Eve Meditation with Lighthouse Center • Dec. 24, 6-7:30 p.m. • A celebration meditation of Christ's birth. No cost; love offering. Call Prachi at 734-449-4381.

> I believe that anyone can conquer fear by doing the things he fears to do...
>
> - Eleanor Roosevelt

New Year's Eve Meditation with Lighthouse Center • Dec. 31, 11 p.m.-12:30 a.m. • Release the old year and bring in the new year in the highest vibration with chanting, mantra meditation and visualization with affirmations. Veggie potluck to follow. No cost; love offering. Call Prachi at 734-449-4381.

Meditation in Daily Life: Free Preview Session at Women's Health Center at St. Joseph Mercy Hospital • Oct. 10, 5:30 p.m. • Learn how to express your beliefs, feelings and wants in an honest, direct and appropriate way. Free. Call 712-5800.

Men's Work

Men's Issues Therapy Group with Cam Vozar • Mondays starting Sept. 9, 7-8:30 p.m. • An ongoing therapy group supporting men to change their lifestyles and relationships, promoting recovery from addiction, depression, isolation and divorce. $35 per session with some insurances accepted. Call 747-9073, cvozar@aol.com.

Midwifery

Clinical Prenatal Skills with Patty Brennan through the Holistic Midwifery Institute • Four Fridays, Sept. 27-Oct. 18; Noon-4 p.m. • This class focuses on low-tech, hands-on prenatal skills. Students will practice on each other and on pregnant volunteers. Topics include taking and interpreting a health history; nutritional counseling; diagnostic skills such as taking blood pressure, urinalysis and blood tests and the arts of palpation and listening to fetal heart tones with a fetoscope. $200 with discount offered. Call Patty Brennan at 663-1523, patty@holisticmidwifery.org or www.holisticmidwifery.org.

Female Reproductive and Pelvic Anatomy with Amanda Smith through the Holistic Midwifery Institute • Three Fridays, Oct. 25-Nov. 8; Noon-4 p.m. • This course offers an in-depth understanding of human anatomy in relation to pregnancy, birth and postpartum. Skeletal, muscular, organ and soft tissue structures of females pelvic anatomy will be identified. Students will learn to recognize superficial and palpable anatomical landmarks. Visual aids will include illustrations; slides, video, anatomical models and demonstrations. A special focus of the class will be understanding pelvic anatomy in relation to the anatomical mechanisms of birth. $115 with discount offered. Call Patty Brennan at 663-1523, patty@holisticmidwifery.org or www.holisticmidwifery.org.

Neonatal Resuscitation Certification with Laurie Hodder-Davis through the Holistic Midwifery Institute • Dec. 6, 9 a.m.-3 p.m. • All students must obtain the 2000 Edition of *The Neonatal Resuscitation Textbook*. It is essential to study the book and do the chapter post-tests before the workshop. The class is designed to teach, practice, and test the hands-on practical skills component of the training. The textbook and pre-test study component are designed to help you pass the written, theoretical portion of the certification process. Certification is good for two years. $90. Call Patty Brennan at 663-1523, patty@holisticmidwifery.org or www.holisticmidwifery.org.

The Crazy Wisdom Calendar

Mothering

Oma's Sacred Circle for New Mothers with Mary Busse • 4 weeks starting Sept. 19 or Oct. 17, 7-9 p.m. • These sessions focus on supporting mothers, especially new mothers. Learn practices from the wisdom and knowledge of the ancient grandmothers that will support you in bringing balance of your needs and those of your children. $20 per week. Call 248-344-1687.

Mothering Arts Support Group with Merilynne Rush and Mickey Sperlich of New Moon Midwifery • Thursdays, 11 a.m.-1 p.m. • Free drop-in sessions open to all parents of little ones to share resources, ideas and support for attachment style parenting. Children of all ages welcome. Very informal. Discussion topics vary based on your suggestions and needs with guest speakers from the community. Free. Call 424-0220; srush86@aol.com.

Movement & Dance

Ann Arbor Authentic Movement Group • Bi-weekly Wednesday evenings • We are a peer group meeting to explore Authentic Movement in community. Authentic Movement is a practice of self-directed movement with a witness. We approach AM as personal process, creative resource, psychological narrative and divine play. It is ritual and contemplative practice for many. We invite people who seek to explore their embodied selves to join us. Nominal rental fee. Call Robin Graubarth at 665-2345 or Peter Norlin at 734-878-2900, redrobinah@aol.com or pfnorlin@earthlink.net.

Dances of Universal Peace with Siddiq and Sylvia Middlebrooks • First Friday of each month, 7-9 p.m. • All are invited to join this circle of prayer in motion. The words may be in Arabic or Sanskrit or Hebrew or Aramaic or English; but the message is one of love, harmony, beauty, peace and unity. The movements are simple. All is taught. No experience needed. All welcome. $5 donation optional. Call 996-1332, smidd@comcast.net.

Intermediate Ballet Master Class with Moscow Ballet through Dance Gallery Studio • Sept. 27, 7-8:30 p.m. • Don't miss an evening of stimulating barre work, challenging combinations and breathtaking technique taught by a professional ballerina from the Moscow Ballet. $20. Call 747-8885; dancegallerystudio@ameritech.net.

Open Company Rehearsal with the Peter Sparling Dance Company at Dance Gallery Studio • Dec. 7, 1:30-3 p.m. • The company will be rehearsing artistic director Peter Sparling's newest choreographic creations, including "Nocturnes" and "Peninsula." Free and open to the public. Call 747-8885; dancegallerystudio@ameritech.net.

Taste of Flamenco with Tessa Goldberg at Dance Gallery Studio • Oct. 27, 1-2:30 p.m. • Back by popular demand, Tessa Goldberg provides a look at the intriguing world of Flamenco. This is a beginning level class, but previous dance experience is helpful. $15. Call 747-8885; dancegallerystudio@ameritech.net.

Ballet Technique Focus Series with Slavka Jelinkova at Dance Gallery Studio • Petite Allegro: Oct. 6; Prioуettes: Nov. 10; Floor Barre: Dec. 8; all classes 1-2:30 p.m. • There's never enough time in class to analyze the intricate details of ballet technique. These workshops attempt to solve the mysteries of the most classical of dance forms. $15 per workshop or $35 for all three. Call 747-8885; dancegallerystudio@ameritech.net.

Youth Modern Technique for Ages 9-16 at Dance Gallery Studio • Sept. 15, Oct. 13, Nov. 17, Dec. 15; 1-2:30 p.m. • This four-day workshop will provide a broad overview of Modern dance to a new generation of dancers and dance-lovers. Instructor will discuss, demonstrate and direct this contemporary art form's fundamentals. $20 per class or $75 for all four. Call 747-8885; dancegallerystudio@ameritech.net.

Salsa for Beginners with Joel Rodriguez through Pierpont Commons • Oct. 3, 8, 23, 30, Nov. 7, 14; 7-9 p.m. • $55. Call Maryann Simons at 647-6838; marysim@umich.edu.

Beginning Bharatanatyam, Classical Indian Dance Classes with Madhavi Marcia Mai of Sadhana Studio • Sept. 9-Dec. 6 • Training in Bharatanatyam dramatic dance, aligning mind, body and spirit in small group classes. Youth and adult classes for all body types! $150 for 12 weeks. Call 665-4930; madhavi@aaahawk.com.

Music & Sound

Music, Imagery and the Powers that Heal with Don Campbell through Weber Center • Nov. 1 at 7:30 p.m. through Nov. 3 at 1 p.m. • The Mozart Effect is an inclusive term signifying the transformational powers of music in health, education and well-being. Through Don Campbell's unique view, you'll learn how music is not only a rich and rewarding aesthetic experience, but a bridge to a more creative, intelligent, healthy and joy-filled life. $250. Call 517-266-4000; fax 517-266-4004; webercenter@admc-op.org or www.op.org/adrian/weber.

Harmonic Vibrational Therapy with Timothy Bryzik • Oct. 27, 1:30 p.m. at Crazy Wisdom's Community Room • What HVT is and how this modality is used in the betterment of the physical/spiritual makeup of human beings as well as the betterment of the human race. Sessions and readings will take place as well to give an ides of what HVT is all about and how it works. Free. Call 248-616-9934; albatross2000@yahoo.com.

Resonance and Rhythms: Rhythms and Songs, Frame Drumming, Sound Energetics with Judy Piazza • Ongoing • Enter the world of rhythm, song and sound for health, joy, community, vitality and earth connection! Gatherings include circles in my home or yours. For cost, dates and times, call 248-656-1071; jpiazza@igc.org.

Native American

Native American Living Traditions Family Day with UM Exhibit Museum of Natural History • Nov. 17, Noon-4 p.m. • Storyteller Larry Plamondon (Grand River Odawa) tells stories about animals, people and the Anishinabe language. Meet a native artist and make a native craft to take home. Free. Call Amy Harris at 763-4191 or Museum's main line at 764-0478.

Wonders of Nature: Exploring Nature with Children Ages 3-5 with Dawn Gaden • Ongoing Sept. 2, 4-6 p.m. or Sept. 3, 2-4 p.m. • An opportunity for your toddler to explore his/her sense of wonder through recreational therapy while interacting with other children. Assurance of quality care for your child while mom/dad gain some free time! For cost, call 810-225-0463, ext. 2.

Natural History

Kaboom! Meteor and Asteroid Impacts! with UM Exhibit Museum of Natural History • Oct. 9, 7 p.m. • See the Museum's new permanent exhibit on meteorites and enjoy a short lecture by Dr. James Gleason, professor of geological sciences. Free. Call Amy Harris at 763-4191 or Museum's main line at 764-0478.

Dinosaur Discovery Day with UM Exhibit Museum of Natural History • Dec. 7, 10 a.m.-4 p.m. • Our favorite subject! Learn about dinosaurs and other prehistoric animals from experts, videos and fun hands-on activities. Free. Call Amy Harris at 763-4191 or Museum's main line at 764-0478.

Nature & Wilderness Awareness

Nature's Healing Connections with Peggy Garrigues-Cortelyou • Sept. 11, 18, 24, Oct. 2; 7-9 p.m. • Learn to experience the peace, wisdom and healing nature offers through your senses. Through outdoor activities, reading and discussion, become aware of how you can think more like nature, and live more in balance with the earth. This course is offered in cooperation with Project NatureConnect (www.ecopsych.com) and for an additional fee of $42, one graduate level credit can be earned upon completion. $135. Call 428-8430; pgarrigues@voyager.net.

Reconnecting with Nature: Finding Wellness through Restoring Your Bond with the Earth with Peggy Garrigues-Cortelyou • Oct. 9, 16, 23, 30, Nov. 6, 13, 20, Dec. 4, 11; 7-9 p.m. • Prerequisite: Nature's Healing Connections. Nature keeps in balance through more than 50 natural sensitivities, which most of us have been conditioned to ignore. Through outdoor activities, reading and discussion, learn to use nature's wisdom to re-awaken dormant sensitivities, enhance wellness and rebuild your spiritual connection with the earth. This course is offered in cooperation with Project NatureConnect (www.ecopsych.com) and for an additional fee of $42, one graduate level credit can be earned upon completion. $310. Call 428-8430; pgarrigues@voyager.net.

The Council of All Beings: Renewing Our Relationship with Creation with Annemarie Askwith ihm and Pam Fording ihm associate through Visitation • Oct. 19, 9:30-4 • Using "The Council of All Beings" developed by John Seed and Joanna Macy, Annemarie and Pam will guide participants on a journey of connection with all creation. Wear comfortable clothing for spending time outdoors. $45 includes lunch. Call 734-242-5520; visitation@ihmsisters.org.

> Let him who would move the world first move himself.
>
> - Seneca

Animal Tracking Level 1 with Dr. Patrick Munson • Nov. 9, 10, 16, 17 • Learn to follow animals in the wild. Easy sand tracking through fox or pine needles. Begin a tracker of animals but learn to track your own heart. $300 with discount offered. Visit www.envisionhealth.org or patrickp.munson@worldnet.att.net.

Numerology

Numerology Workshop with Prachi Patricia Thiel of Lighthouse Center • Oct. 19, 10-4 p.m. • Basics of numerology, using *Numerology and the Golden Triangle*. $100 or $75 for current Lighthouse pledging members. Includes lunch. Call Prachi at 734-449-4381.

Parenting

A Mother's Sacred Journey: Parenting as Spiritual Practice with Jill Blixt • Sept. 29, Oct. 27, Nov. 24; Noon-4 • One of the most sacred activities of our lives is the nurturing and guiding of our children. To be present for them not only requires us to pay attention but it also asks us to reflect on what it means to be a guardian of another Soul. We often get caught up in the "doingness" of mothering to the point of exhaustion. Come discover how to bring more nurturing and balance to yourself while you become more present for your children. $120 includes lunch and materials. Call 665-4577; jillblixt@aol.com.

Couple First, Parents Second: How to Maintain a Healthy Relationship Now That You Have Children with Karen Gottschalk and Judy Seldin • Nov. 9, 1-3:30 p.m. • Local psychotherapists offer workshop to new parents and parents-to-be. Discussion will revolve around the monumental changes that take place within the relationship once children arrive. Suggestions will be given on how to handle the frustrations and resentments that often arise between partners. Participants will leave with a better understanding of how to balance relationship and parenthood. $90 per couple includes materials and refreshments. Individuals welcome $45. Call Karen at 734-332-9184.

Basic Training: Survival Skills for New Moms through St. Joseph Mercy Hospital • Various dates and times • Prenatal class designed for women expecting their first baby. $25. For complete information, call 712-5800.

Boot Camp for New Dads through St. Joseph Mercy Hospital • Various dates and times • Class taught by men for first time fathers. $25. For complete information, call 712-5800.

Past Life Regression

Past Life Regression: Heal Karmic Blocks with Shala Kilmer • Oct. 12, 1-4 p.m. • Free yourself from the past...change your life. You will be taken to a previous life, discover what caused the block, and have all energy blockages removed. Expect change...what's in store for you? Limited to six students. $99. Call 248-258-8287, kilmersh@core.com, www.intuitionpath.com.

Personal Growth

Relieving Anxiety in the Present Moment - Forever with Su Hansen • Oct. 14, 7:15-8:45 p.m. at Crazy Wisdom's Community Room • Anxiety comes when we bring the future and our fears about it into the present moment. This introductory evening will emphasize skills you can use to stay more fully present and have greater enjoyment of your day to day life. $6. Call 417-8397; mindfulness@provide.net.

Mindful Time Management with Su Hansen • Oct. 19, 10-4 • A benefit for Michigan Friends Center. If you think your time needs managing, but you can't find enough of it to come to this one day workshop, think again. We will be exploring time and how we wish to use it and developing the skills of mindfulness to bring ourselves more fully into our lives. We will discover the real time wasters in our lives and how to find the time for what really sustains us. Together, we will make it well worth your time. Please bring lunch. $30. Call 417-8397; mindfulness@provide.net.

Dieting for the Mind: Getting Your Thoughts into Shape with Betz King • Nov. 9, 10-4 • Don't let your brain think without you! Learn common "thought-mistakes" by exploring optimism/pessimism, cognitive distortions, automatic thoughts and self talk. Leave with a personalized thought fitness plan. $75. Call 248-673-2242; betzking@home.msen.com.

Boundaries with Karlta Zarley • Sept. 28, 10-4 • If others take advantage of you or your life feels out of control, you may have boundary issues. This class will teach you the five types of boundaries, how to put them in place and keep them where you want them. $95 includes lunch. Call 734-433-9333.

Choose to Live Happily with Helen Slomovits • Six Wednesdays starting Oct. 23, 7-9 p.m. • Have you ever wished there were a way to become happier, more loving and more effective in your life right now, as it is? This six-week course will give you immediately applicable, practical and inspiring learnings which you can use to create greater happiness, comfort and peace of mind. And being happy not only feels good to you, but frees you to be creative and loving in every aspect of your life. We'll explore gratitude, letting go of judgment and making happiness your priority. We will be using the book *Happiness is a Choice* by Barry Neil Kaufman. Book and a study guide are included in course fee. $125 for Ann Arbor residents. Call 665-0409 or 994-8840 or Community Rec/Ed at 994-2300, ext. 227.

Creating a Life Worth Living with Helen Slomovits • Twelve Fridays starting Oct. 4, 1-3 p.m. • Did you ever wonder how to actually design a life based on your creative dreams? Our group will explore these and other issues by moving through Carol Lloyd's book, *Creating a Life Worth Living*. Classes include discussion, sharing, exercises and making a commitment to take at least one small step each week towards a creative dream. Being in a supportive group often makes the difference between having good intentions (only!) and making real changes. You will leave the group having clearly identified at least one creative goal and a plan for reaching it. $200 for Ann Arbor residents. Call 665-0409 or 994-8840 or Community Rec/Ed at 994-2300, ext. 227.

Make It So: The Art of Manifesting Your Dreams and Desires with Jill Blixt • Nine Thursdays starting Sept. 26, 6:30-9:45 p.m. • So often we know what we want - we dream, we plan. But we don't act. We resolve to stop procrastinating, yet we remain in potential. This workshop focuses on action - one small step after another. We will practice the tools of the artisan - our creator self who acts, who manifests. These tools of focus, practice, patience, discipline, courage, responsibility and perseverance will become our allies instead of obstacles. In the spirit of play, we will devote some of each class on planning and manifesting a personal project of our own design. $30 per week includes dinner and materials. Call 665-4577; jillblixt@aol.com.

Creating the Life You Really Want with Kristin Blackburn • Wednesdays, Sept. 18-Dec. 11; 6:30-8 p.m. • A 12-week supportive therapy group for women utilizing the nine principles from Sonia Choquette's *Your Heart's Desire* in order to identify your personal and professional dreams, eliminate barriers and create the life you really want. Group format will include weekly homework from the *Your Heart's Desire* workbook, additional information provided by the therapist and group discussion. Limited to six participants. $30 per week plus $18 workbook. Call 994-1531.

Emotional Freedom Therapies with Bronwen Wildflower Gates • Sept. 14 or Oct. 19, 9:30 a.m.-12:30 p.m. • This workshop introduces and teaches a straightforward, proven technique based on the body's own neurochemical pathways, that can reduce and eliminate the emotional and psychological burden of traumas and phobias in a short time, often 15 minutes or less. $40. Call 734-424-2744, bronwild@aol.com.

> Those who seek the truth by means of intellect and learning only get further and further away from it.
>
> - Huang-Po

Enchantment Realm and Fairy Kingdom with Penny Weaver • Dec. 7, 10-5 • Connect with the enchantment and fairy realm and learn how to utilize these energies in your work and personal life. Use the elements to heal, balance and manifest. Bring your own lunch. For cost, call 248-374-1070, pennyweaverj@aol.com.

Knowing Your Anger and Managing It for Middle Schoolers with Su Hansen • Oct. 21, 28, Nov. 4, 11, 18, 25, Dec. 2, 9; 4-5:45 p.m. • This workshop series is for middle schoolers who want to explore their anger and change how it effects their lives and that of others. Whether the difficulty is turning the anger inward or its outward expression, teens can gain greater self-awareness and skills in expressing their anger. Confidentiality is emphasized. $190. Call 417-8397; mindfulness@provide.net.

Knowing Your Anger and Managing It for High Schoolers with Su Hansen • Oct. 16, 23, 30, Nov. 6, 13, 20, Dec. 4, 11; 4-5:45 p.m. • This workshop series is for high schoolers who want to explore their anger and change how it effects their lives and that of others. Whether the difficulty is turning the anger inward or its outward expression, teens can gain greater self-awareness and skills in expressing their anger. Confidentiality is emphasized. $190. Call 417-8397; mindfulness@provide.net.

Women's Wilderness Night: Manifest the Reality of Your Choice! with Becky Minnick Hackenberg through Center For Sacred Living • Oct. 24, 7-9 p.m. • How do you like your life? Would you make some changes if you could? Learn how to shift your reality by using your whole self and be your own change facilitator. $10. Call 821-0364.

Fourcasting Success 4 Life with Roseanne Arnato through Center For Sacred Living • Nov. 8 and 9 • Live life as a success magnet. Places in your energy body attract love, money, health, happiness. Life just works better when you wake those places up. This temple workshop teaches the four energy keys to open life's success doorway. Abundance in love, health, money, work and more flows right through that energy doorway once its activated. Call Alana at 665-1188 or Anne at 971-5849; 4cast@helix3.com.

Identifying and Expanding Learning Styles Workshop with Linda Diane Feldt of The Ann Arbor Center for Holistic Health and Traditional Wisdom • Sept. 14, 10 a.m.-1 p.m. • All students of all classes are encouraged to take this hands-on exploration based workshop. Through games, discussion and demonstrations, you will learn how you learn, how to maximize your learning experience, how to set up the environment best for you and even how to benefit from learning environments that are not ideal. $20-$50 sliding scale. Call 662-4902; feldt@holisticwisdom.org.

The Secrets of Manifestation: "It's A Good Idea; How Do I Make It Happen?" with Martha Stoner • Tuesdays, Oct. 29-Nov. 19; 7-9 p.m. • A class for artists, writers, dancers, photographers, entrepreneurs, political activists and anyone who is ready to manifest their inner dreams. We will explore the secrets of manifestation, astrologically influenced by the sign of Capricorn - the ways in which we bring our ideas into form. The emphasis will be upon bridging the gap between the inner and outer worlds. Methods include meditation, conversation, consulting oracles, writing, drawing, chanting and movement. We will explore runic postures: stances that move energy for increased outward flow. Bring your vision to life! $125 for four meetings. Call 734-428-9472; waycard@yahoo.com.

Assertiveness Training for Women through St. Joseph Mercy Hospital • Oct. 23, 7:30-9 p.m. • Learn how to express your beliefs, feelings and wants in an honest, direct and appropriate way. $15. Call 712-5800.

Not Just a Woman's Problem through St. Joseph Mercy Hospital • Nov. 13, 7-8:30 p.m. • Learn about the symptoms of depression, its treatment and the "male experience" of this illness. $15. Call 712-5800.

Handling Clutter: Creating the Space for Change through St. Joseph Mercy Hospital • Oct. 8, 7-8:30 p.m. • Learn how elimiating energy drains can remove obstacles and clear the way for positive change. $120 for four-week program. For dates, call 712-5800.

The Skillful Juggler: Balancing Multiple Roles with Minimum Stress through St. Joseph Mercy Hospital • Wednesdays, Oct. 30-Nov. 20; 7-8:30 p.m. • Simplify your life, how to set boundaries and how to say "no" gracefully so that you can manage a busy life with ease and skill. $120. Call 712-5800.

The Crazy Wisdom Calendar

Prayer

Wednesday Evening Prayer with Visitation Staff • Wednesdays, 7:30 p.m. • Awareness of our interconnectedness to the earth and to all people shapes the framework of our prayer. Everyone is welcome to be a part of this praying community. The evenings focus on a rotation of themes: healing, praise (taize vespers), attentive listening, thanksgiving (eucharistic liturgy) and global consciousness. No prayer Dec. 25. Free. Call 734-242-5520; visitation@ihmsisters.org.

Remembering the Tragedy, Longing for Peace with Visitation Staff • Sept. 11, Potluck salad supper 6 p.m., Prayer service 7:30 p.m. • The tragedy that occurred on September 11, 2001 has become a collective memory. As the anniversary approaches amid continued violence and war, join us to pray for world peace. Free. Call 734-242-5520; visitation@ihmsisters.org.

Sitting Prayer at Visitation • Mondays, Noon-12:30 p.m. • This quiet time is an opportunity to connect with God as the center of our being within a community of praying people. Everyone is welcome. Presence for the full half hour is expected. Free. Call 734-242-5520; visitation@ihmsisters.org.

Professional Enrichment

Professional Spirituality: Lighten Up or Burn Out with Betz King • Sept. 28, 10 a.m.-4 p.m. • A one-day workshop designed to explore and enhance daily spirituality for professionals. Blend corporate demands and spiritual principles for greater serenity and productivity. Leave with a spiritual development plan. $75. Call 248-673-2242; betzking@home.msen.com.

Business Skills for the Self-Employed with Patty Brennan of The Holistic Midwifery Institute • Dec. 8, 9-5 p.m. • Come and learn the skills necessary to be successfully self-employed. Topics include money issues, recordkeeping, taxes, marketing, limiting liability, professionalism, ethical concerns and more. This class is appropriate for anyone setting up a service-oriented business. $100 with discount offered. Call 663-1523, patty@holisticwidwifery.org or www.holisticmidwifery.org.

Reiki

First Level Reiki Workshops with Ray O. Golden of Center for Intuitive Health • Sept. 8, Oct. 13 or Dec. 8; 9-6 p.m. • Reiki is a powerful, natural and ancient healing technique which can be learned by anyone. It is an ancient form of healing in which the healing energy of the Universe flows through the healer to facilitate an individual's healing at all levels: physical, emotional, mental, causal and spiritual. In the level one workshop, the student receives ALL the traditional attunements to the Reiki energy, learns to facilitate other's healing as well as self-healing techniques. Class sizes are limited to allow for individual attention. $125 with discount offered includes manual and certificate. Call 663-9724, intuitivehealth@aol.com.

Second Level Reiki Workshops with Ray O. Golden of Center for Intuitive Health • Nov. 2 and 3; Saturday 6-10 p.m., Sunday 10-4 p.m. • In the level two workshop, traditional advanced attunements deepen the process. The student learns even more powerful healing techniques and distance healing techniques. Class sizes are limited to allow for individual attention. $230 with discount offered. Call 663-9724, intuitivehealth@aol.com.

Free Reiki Introduction and Healing Night with Ray O. Golden of Center for Intuitive Health • Sept. 5, Oct. 3, Nov. 7, Dec. 5; 7-9 p.m. • An introductory talk on Reiki and an opportunity to experience Reiki energy. Free. Call 663-9724, intuitivehealth@aol.com.

First Degree Reiki Class with Suzy Wienckowski • Oct. 11-13 or Nov. 15-17; Friday 7-9:30 p.m., Saturday 9:30-4 p.m., Sunday 9:30-12:30 p.m. • Reiki is an ancient, gentle, hands-on healing art. Reiki is easily learned by all and after initiation by a Reiki Master healing energy flows effortlessly through your hands. Reiki reduces stress, eases pain, and restores balance and harmony on all levels: body, mind, and spirit. The First Degree class includes the history of Reiki, hands-on form for treating yourself and other and four individual initiations. Certificate awarded. $150. Call 665-8665, suzyreiki@aol.com.

Second Degree Reiki Class with Suzy Wienckowski • Nov. 1-2; Friday 7-9 p.m., Saturday 10-4 p.m. • Second level of training of the Usui System of Reiki Healing. Students learn and are empowered to use the three sacred Reiki symbols. The symbols focus and intensify the Reiki energy enabling the practitioner to heal on a deeper level and to send Reiki at a distance. First Degree training is a prerequisite. $500. Call 665-8665, suzyreiki@aol.com.

Curious About Reiki? Free Introductory Talk with Suzy Wienckowski • Nov. 6, 7-9 p.m. • Reiki Alliance Master Suzy Wienckowski speaks on the Usui System of Reiki Healing. See above listing for description of Reiki. Free mini-treatments will be offered. Call 665-8665, suzyreiki@aol.com.

Reiki I with Penny Weaver • Sept. 11, Oct. 9, Nov. 13 or Dec. 11; 7-10 p.m. • Learn to use the life force energy in your hands to balance your own energy. For cost, call 248-374-1070, pennyweaverj@aol.com.

Reiki II with Penny Weaver • Sept. 19, Oct. 16, Nov. 20 or Dec. 18; 7-10 p.m. • Learn to use the life force energy in your hands to balance the energy of any living thing. For cost, call 248-374-1070, pennyweaverj@aol.com.

Reiki Healing Circle with Robert Hughes • Sept. 11, Oct. 9, Nov. 13, Dec. 11; 7-9:30 p.m. at Crazy Wisdom's Community Room • An invitation to you to experience Reiki and other healing modalities in a safe and sacred space. All welcome to practice or receive therapeutic touch. Let's bring healing and greater community to the Ann Arbor area. Donations welcome. Call 961-9866; robertkhughes@yahoo.com.

Reiki I and II with Elena Gillespie • Oct. 26 and 27, Noon-5 p.m. • Learn an easy and effective way to help heal yourself and others. Reiki is an ancient hands-on system of healing which is very accessible to everyone. $85 for Level I, $75 for Level II or $150 for both. Call 482-4078.

Relaxation & Stress Management

Stress Management: Embracing the Peace within You with Melanie Fuscaldo • Part 1: Sept. 4, 12-1:30 p.m.; Part 2: Sept. 11, 12-1:30 p.m. • Tune in to messages from your body, mind and spirit and learn effective strategies to enhance your well being. Identify your unique stressors. Experience guided imagery for relaxation and to gain information from your inner guide. Leave with coping strategies to increase your effectiveness. $25 per session. Call 668-2733.

Mindful Stress Management with Su Hansen • Oct. 15, 22, 29, Nov. 4, 11, 18, 25, Dec. 2, 9, 16; 7-8:45 p.m. • This ten-week skills development group is designed to help you manage stressful situations as they arise, lighten your stress load, reduce worries to a manageable size and lessen the impact of stress on your body. This skills taught in this group are adopted from those developed by Jon Kabat-Zinn, Marssha Linnehan, Thich Nhat Hahn and the people who have come to me for help in coping with their lives. $230. Call 417-8397; mindfulness@provide.net.

Mindful Stress Management For Teens with Su Hansen • Oct. 15, 22, 29, Nov. 4, 11, 18, 25, Dec. 2, 9, 16; 4-5:45 p.m. • See above description. $230. Call 417-8397; mindfulness@provide.net.

Shamanism

Alberto Taxo: Ancient Andean Wisdom • Friday, October 18, 7 pm, at Crazy Wisdom's Community Room • $20 admission • Taxo is a Native Master Iachak, Healer and Teacher from the High Andes. He will lead a 2-hour workshop, and will also be speaking at U-M, leading a weekend intensive, and doing individual cleansings. For more info, call Martha Stoner at 734-428-9472.

Book Signing and Talk with James Endredy author of *Earthwalks for Body and Spirit* • Friday, October 11; 7 - 8:30 p.m. • *Earthwalks for Body and Spirit,* a workbook of 45 simple walking exercises, author and workshop leader James Endredy shows us how the act of walking can be a catalyst for personal transformation by teaching us to develop our attention, quiet the mind, expand our consciousness, and rediscover our sacred relationship with Earth. Each of the exercises, many of which are based on the author's work with the traditional indigenous practices of the Huichol Indians of western Mexico, offers step-by-step instructions and comments that will help you gain the most from the walk. Additionally, the author focuses each group of exercises on a different aspect of transformation – there are walks of attention and awareness; group connection; connection to the *nierikas* (powers) of Sun, Water, Wind, Fire, and Mother Earth; connection to the energies of animals, trees, and places of power; and finally, as a way of honoring both your new understanding of Self and your deepened relationship with Earth, walks of offering and vision. James Endredy leads workshops throughout the United Sates, Mexico, and Canada and is actively involved in preserving the world's indigenous cultures and traditional sacred sites, such as those of the Huichol Indians of western Mexico. Free.

EARTHWALKS Workshop: Nature and Shamanism in the mind/body/spirit connection with James Endredy author of Earthwalks for Body and Spirit • Saturday, October 12; 2 to 5 p.m. at the Crazy Wisdom Community Room • Far beyond simple imaginative techniques of modern indoor-shamanism and the purely romantic qualities of Nature's scenic beauty lies the nurturing and harsh reality of the natural world and the physical, mental, and spiritual lessons that can only be learned through direct experiences in wild Nature. This reality has guided and shaped the human body, mind, and spirit for 99 percent of human history. Only in the last few decades has humanity estranged itself so completely from the sustainable and balanced cycles of Earth - with tragic results. In this workshop James Endredy opens the door for you to experience the walking reality of the fluidity of a mountain stream, the pure communication embedded in a morning breeze, the intense expression of passion in a sacred flame, and myriad other tangible manifestations of Nature that can be accessed in a practical way and applied to our daily lives. For many years James Endredy has been working with Huichol Indian shamans and anthropologist and author Victor Sanchez in Mexico, along with groups of people from throughout the world, developing and practicing techniques for modern people to achieve growth that encompasses the total human organism –mind/body/environment/spirit. Workshop is $35.00 per person . For more information call Carol at Crazy Wisdom 734.665.2757.

Tibetan Shamanism: Soul Retrieval and Psychopomp with Dr. Larry Peters in Lansing • Sept. 7-8, 9-5 p.m. each day • Soul retrieval in the Tibetan/Tamang tradition is multifaceted. It involves ritual skills as well as journey skills. Soul retrieval is going to find and bring back the soul part. This process may involve other healing processes such as psychopomp (assisting people with the dying process and helping souls to cross over after death). This workshop will be a ritual, karga puja (spirit weapons ceremony). Prerequisite is the ability to journey into non-ordinary reality and work with power animals. This workshop is one in a series that Dr. Peters in presenting. $200. Call Spirit Weavers at 517-543-6754; spiritweavers@voyager.net.

Pathway to the Heart Self: The Basic Shamanic Journey with Mary Busse • Sept. 28, 10- 4 p.m. • Learn how to reconnect with your heart self - the primal self that automatically knows how to communicate with inner guides, power animals and spirit teachers through the sacred practice of the shamanic journey. $75 includes lunch. Call 248-344-1687.

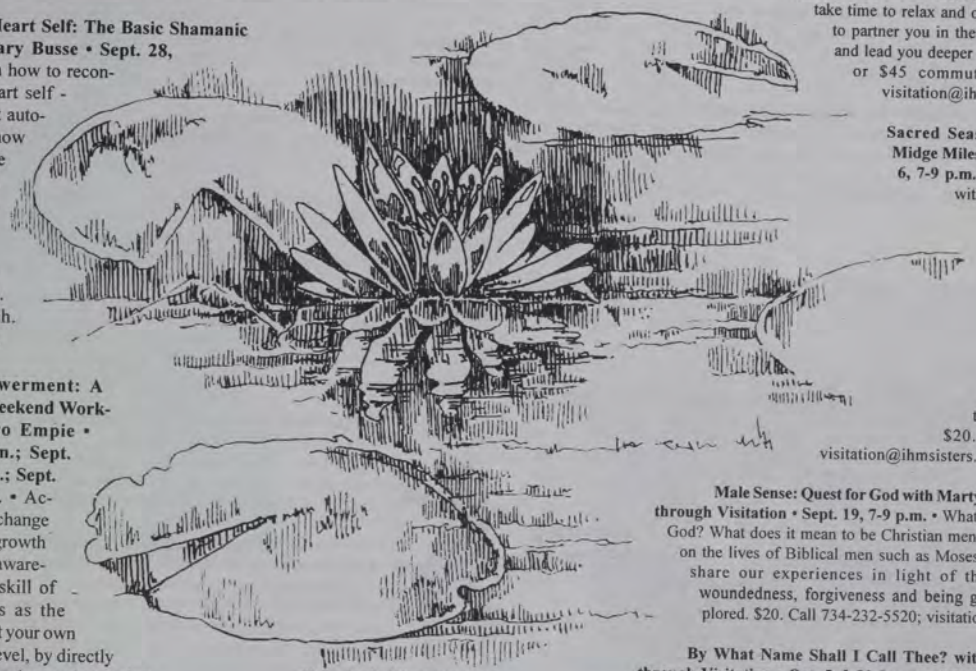


Illustration by Nicole Macdonald

Shamanic Empowerment: A Transformative Weekend Workshop with Mateyo Empie • Sept. 13, 7-10 p.m.; Sept. 14, 10 a.m.-10 p.m.; Sept. 15, 10 a.m.-4 p.m. • Access the power to change your life. Personal growth through amplified awareness, the essential skill of shamanism, serves as the class theme. Learn at your own pace, on your own level, by directly sensing subtle energies and entering heightened states of consciousness. Metaphysical veterans and beginners alike can greatly accelerate their growth through this lucid experiential approach. Ground, hold space and resonate with Mother Earth's gentle strength. Experience the power and beauty of the fire ceremony. Discover and delight in other Peruvian teachings: channel healing energy, work with your luminous healing body, and practice psychic protection. Explore group mind, the three layers of the Self, styles of sacred space, sound healing and more. Shamanic Empowerment is the prerequisite to an optional year-long course. $325 includes lodging with early payment discount offered. Call 417-2750; workshops@shamaniccenter.org.

Singing & Songwriting

Sixth Annual Evening of Sacred Song with Sacred Song • Dec. 14, 8 p.m. • A celebration of song from many spiritual traditions. Everyone is incited to come celebrate the season, sing along and enjoy music and rhythms from around the world. $5-$25 sliding scale; free for children under 12. Call Jeanne Mackey at 975-6547; mackeyj@umich.edu.

Spiritual Development

Sacred Merkaba Techniques, Basic and Advanced with Michael Hargreaves • Nov. 7, 8, 9 and 10; 10-6 p.m. at Crazy Wisdom's Community Room • The Sacred Merkaba Techniques are an amazing synthesis of Ancient Mystery School Techniques and new techniques never before practiced on this planet. Overlit by the Melchizedek Consciousness and in the presence of the Divine Mother and many celestial beings, there will be many healings and expansions of consciousness in this workshop. The Sacred Merkaba Techniques are non-linear ascension techniques and lead to enlightenment and beyond in this lifetime. $333. Call Mary Kay Thayer at 734-856-4016; j-mk-thayer@msn.com or www.michael@merkaba.com.

Golden Flower of Life Spherical Healing Techniques Workshop with Michael Hargreaves • Dates and times TBA • In expanded states of consciousness, God's unconditional love will flow from the healer to heal others. These wondrous healing methods are the same type of transformational techniques which were used to heal disease 2,000 years ago. In addition, special crystal healing and activation techniques help you receive information along with some wondrous emotional spiritual energy field adjustments direct from living crystals. You must have attended a Basic and Advanced Sacred Merkaba Techniques workshop. For cost, call Mary Kay Thayer at 734-856-4016; j-mk-thayer@msn.com or www.michael@merkaba.com.

Circle of Blessing: Sufi Studies and Zikr with Siddiq Middlebrooks • One Friday each month, 7:30 p.m. • This class offers an introduction and continuing study of the Sufi path of the heart based on teaching papers of the Indian Sufi Hazrat Inayat Khan and his American student, Murshid Samuel L. Lewis. Teaching is accompanied by Sufi breath and chant practice, including the Zikr, a practice of remembrance of the Divine Presence. Free. For dates, call Siddiq or Sylvia at 996-1332; jmidd@comcast.net.

Feet, Head and Heart: A Sufi Workshop with Spiritual Walk and Dance with Siddiq Middlebrooks • Oct. 5, 9-5 p.m. • Mystics of all traditions have associated particular qualities of being with specific centers in the body, known as the Lataif in Arabic and the Chakras in Sanksrit. In this workshop, we will open doors to awareness of these centers using sound, walk and breath practices from the Sufi esoteric tradition as well as Dances of Universal Peace. These experiences promote self-knowledge, leading to remembrance of the Divine Presence. $45 includes lunch. Call Siddiq or Sylvia at 996-1332; smidd@comcast.net.

Dancing with Mystery with Judith Bonini ihm of Visitation • Oct. 25, 7-9 p.m. and Oct. 26, 9:30-4:30 p.m. • Come aside, take time to relax and open your heart. Allow God to partner you in the dance of life, to grace you and lead you deeper into mystery. $65 overnight or $45 commuter. Call 734-242-5520; visitation@ihmsisters.org.

Sacred Season/Sacred Stories with Midge Miles through Visitation • Dec. 6, 7-9 p.m. • Enter the Advent season with a winter's harvest of sacred stories. Listen to the sounds of this special season with stories that will touch your heart, delight your funny bone and stir your soul. Come with a childlike openness to the wonder and inspiration of this sacred season. $20. Call 734-242-5520; visitation@ihmsisters.org.

Male Sense: Quest for God with Marty Keck and Dennis Wenzel through Visitation • Sept. 19, 7-9 p.m. • What does it mean to search for God? What does it mean to be Christian men in our society? Reflecting on the lives of Biblical men such as Moses, Paul and David, we will share our experiences in light of their stories. Themes of woundedness, forgiveness and being gifted by God will be explored. $20. Call 734-232-5520; visitation@ihmsisters.org.

By What Name Shall I Call Thee? with Mary Ann D. Carolin through Visitation • Oct. 5, 9:30-3 p.m. • "By what name shall I call you who are beyond all names?" -St. Gregory Nazianzen. This time is an opportunity to join with others to reflect on how the East and West respond to the question, By what name shall I call thee? The day will include input, silence, two periods of sitting prayer with time for listening for one's own response to this question. $40 with lunch included. Call 734-232-5520; visitation@ihmsisters.org.

The Heart's Embrace with Brenda Morgan • Sept. 13, 7-9 p.m. • Brenda's spiritual transformation, in which Inner Enlightenment/No Mind Within has occurred, will be the basis for this evening's spiritual seminar. Time will be set aside for questions and answers as well as direct experience of the meditative state. $35. Call Susan Fancy at 665-0536.

A Gathering in Spirit with Brenda Morgan • Sept. 14 and Nov. 16, 9-4 p.m. • A daylong spiritual intensive for those wishing to deepen their spiritual/meditative practices and openness to God. Each intensive is unique. Brenda's spiritual state catalyzes one's opening to the Universe. Only a sincere interest in opening to Spirit is necessary; the particular religious structure chosen should not conflict with the day's activities. The specific activities are to help catalyze the participant's insights into seeing some of their egoic strategies and learning how to return attention to the first priority in life: God. No experience necessary. $85. Call Susan Fancy at 665-0536.

Awakening of the Heart with Brenda Morgan • Nov. 15, 7-9 p.m. • Brenda's spiritual transformation, in which Inner Enlightenment/No Mind Within has occurred, will be the basis for this evening's spiritual seminar. Time will be set aside for questions and answers as well as direct experience of the meditative state. $35. Call Susan Fancy at 665-0536.

An Introduction to the Pathwork Teachings: A Lecture Study Series • Current class began Aug. 4 and meets monthly from 1-3 p.m. • This series introduces some of the basic concepts expressed in the Pathwork lectures. Lecture study includes discussion and exploration of these ideas to help create and deepen personal understanding. Late joiners welcome. $275 includes all lectures studies and subscription to Great Lakes Pathwork Newsletter. Call Lisa Wolf at 930-0864 or Susan Cogar at 248-471-7898.

Lecture Discussion Evenings sponsored by Great Lakes Pathwork Inc. • Second Friday of each month, 7 p.m. • Informal gathering to read and discuss Pathwork lectures. These lectures contain a unique mix of psychological and spiritual concepts. Free. Call Nick Meima at 663-5853.

Book Study Class Studying the Works of A.H. Almaas with John Cardwell, Allison Hine, Suzanne Eastman and Lou Weir • Every other Monday • Group has met for three years studying the books of A.H. Almaas. We will be starting *Spacecruiser Imagery* in September. We use meditation and exercises such as repeating questions and inquiry monologue. Free. For times, call John at 994-5320; johncardwell@juno.com.

Diamond Heart Seminar: Nature of the Soul with Kirk Dennis • Dec. 7 and 8, 9:30-5 p.m. each day • Ongoing seminar series based on the work of A.H. Almaas. This seminar will focus on the nature of the soul and obstacles to its recognition and unfoldment. Methods include meditation exercises, inquiry, lectures, questions and comments. $200 includes additional small group evening. Call John Cardwell at 994-5320; johncardwell@juno.com.

The Crazy Wisdom Calendar

Spiritual Development (continued)

Satsang with Solane Verrain • Oct. 12 and 13, 10-5 p.m. each day • Satsang is the open inquiry into the truth of being - meditation, dialogue, exercises to clarify and deepen each individual's realization of true being. $75. Call John Cardwell at 994-5320; johncardwell@juno.com.

Diamond Heart Seminar: Nature of the Soul I with Kirk Dennis • Sept. 13 and 14, 9:30-5 p.m. each day • Ongoing seminar series based on the work of A.H. Almaas. This seminar will focus on the nature of the soul and obstacles to its recognition and unfoldment. Methods include meditation exercises, inquiry, lectures, questions and comments. $200 includes additional small group evening. Call John Cardwell at 994-5320; johncardwell@juno.com.

Merkaba Support Group with Lorna Brown through Gateways Center for Life Enrichment • Oct. 20, Noon-4 p.m. • Join other Flower of Life graduates in a time of support, renewal and sharing with this ongoing group. Review the basic meditation and share in new experiences. Open to all Flower of Life graduates. $15. Call 734-428-8748; starlab6@aol.com.

Flower of Life 2000+ with Lorna Brown • Oct. 12 and 13, 9-5 p.m. each day • Understand sacred geometry and learn to reactivate your Merkaba energy field for ascension, healing, your connection with higher self and fully opening the heart. Helps to realize the connectedness of all life and your purpose in it. Based on the work of Drunvelo Melchizedek. $222. Call 734-428-8748; starlab6@aol.com.

Children's Sunday School with Lighthouse Center • First and Third Sundays of each month; gathers at 10 a.m. and begins 10:30 a.m.-12:30 p.m. • Classes in spiritual development for children ages 4-18, whose parents are mantra meditators. Principle of metaphysics, yoga, mantra meditation, Christianity and world religions are taught at different age levels. No cost; love offering. Call Nirmala at 734-663-2218.

Introduction to the Kabbalah with Renaissance Unity Interfaith Spiritual Fellowship • Oct. 20, 7 p.m. • Free; love offering. For complete information, call Renaissance Unity at 586-758-3050; info@renaissanceunity.org.

Sandy Scott Workshop with Renaissance Unity Interfaith Spiritual Fellowship • Oct. 12, 10-4 p.m. • Free; love offering. For complete information, call Renaissance Unity at 586-758-3050; info@renaissanceunity.org.

You Can Have It All with Dr. Gurudarshan Khalsa at Renaissance Unity Interfaith Spiritual Fellowship • Oct. 2, 9, 16, 23, 30; 1 p.m. • Through a series of lectures and experiential exercises, the apparent contradictions of polarities such as Heaven and Earth, light and shadow and connecting East and West will be explored. These classes will help ground you in your own uniqueness. Free; love offering. For complete information, call Renaissance Unity at 586-758-3050; info@renaissanceunity.org.

Spirit Connecxions: Ritual and Practices to Access Your Full Potential with Jeanne M. Nicholson • Oct. 26 or Dec. 7, 2-4:30 p.m. • This workshop explores different processes and rituals for focused meditation and prayer. Using art therapy, movement, energy, sound and color, you will gain a deeper understanding of your own practices and play with tools and techniques for enhancing and empowering. Interactive, hands-on, engaging and fun. $35 includes workbook. Call 248-478-8492; infinityconnections@yahoo.com.

Tai Chi & Martial Arts

Tai Chi Chuan with Evie Craig ihm through Visitation • Sept. 23, 30, Oct. 7, 14, 28, Nov. 4; 7-8:15 p.m. • Tai Chi invites us to be attentive and deeply focused in the center of our being. These guided sessions will offer the basic form as well as the opportunity to rekindle the connection with the inner self. Wear comfortable clothing. $40. Call 734-242-5520; visitation@ihmsisters.org.

Shaolin Kung-Fu with Michael Gillespie • Tuesdays, 7:30 p.m.; Wednesdays, 7:30 p.m. and Saturdays, 10 a.m. • Chi-gung, long fist, chin-na, shuai-jiao, praying mantis, tiger claw, self defense and iron pulse. $10 per one-hour class. For dates, call 734-485-2018.

Chen Style Tai Chi Chuan with Great Lakes Wushu • Beginning Sept. 4, Mondays and Thursdays, 5:45-6:45 p.m.; Saturdays, 10-11:15 a.m. • Beginning tai chi class includes basic stances, silk reeling exercises, 36 movement form and kicks. Session runs through December. $85 per month. Call Richard Miller at 994-5980, www.greatlakeswushu.com.

Yin Style Baguazhang Study Group with Great Lakes Wushu • Mondays and Thursdays, 7:35-9:30 p.m.; Saturdays, 11:25 a.m.-12:30 p.m. • Training in yin style baguazhang includes strengthening postures, attack methods, forms, turning the circle and applications. $85 per month. Call Richard Miller at 994-5980, www.greatlakeswushu.com.

Tai Chi Chuan: Embodying Nature with Wasentha Young through Weber Center • Sept. 27, 7:30 p.m. through Sept. 29, 1 p.m. • Study the ancient arts of China with a master teacher. Tai chi chuan emphasizes the relaxation and integration of the mind, body and spirit. $130. Call 517-266-4000 or fax 517-266-4004; webercenter@admc-op.org or www.op.org/adrian/weber.

Introduction to Kung Fu with Ryan R. Wilson • Sept. 17 or Oct. 15, 7:30-9:30 p.m. at Crazy Wisdom's Community Room • This ancient Chinese art is a phenomenal tool for self-awareness and self-development. Learn about Kang Nei Chin Gung Fu (The Chinese Martial Art of Unyielding Internal Strength) which teaches classical forms, street-smart self-defense, intuitive assessment and principles of the Warrior/Healer/Monk. This art is entirely devoted to the cultivation and proper use of internal energy. Opportunities for ongoing classes. $7 suggested donation. Call Raevan at 975-9429, wuyaodao@aol.com.

Introduction to Qi Gung with Ryan R. Wilson • Sept. 24 or Oct. 22; 7:30-9:30 p.m. at Crazy Wisdom's Community Room• Learn about ancient Chinese techniques of internal energy development for relaxation, healing and self-awareness. The focus of these interactive lectures is on bio-energetic

(chi) awareness for clearing energy blockages, revitalizing the body's primary systems and realizing one's True Path and Potential. Opportunities for ongoing classes. $7 suggested donation. Call Raevan at 975-9429, wuyaodao@aol.com.

Iron Body Martial Qi Gung Training Seminars with Ryan R. Wilson • Oct. 19 or Nov. 16; 9:30 a.m.-2:30 p.m. • This advanced Iron Body training is open to practitioners of any martial art style. It is designed to compliment and enhance training through focused development of Unyielding Internal Strength that can then be channeled with precise control and awareness. Learn advance qi-breath and iron-body techniques that enable one to sustain multiple lethal blows to the neck, throat, groin, kidneys, floating ribs, heart and solar plexus without injury. Seminar will also address precision nerve point striking and qi blows to disable the vital nerve-plexes of the body. The focus of these seminars is on the advancement of one's internal energy system with the ultimate purpose being the preservation of all life, including any assailants'. Students interested in seminar participation must have current or past martial arts training and will interview with instructor prior to undergoing training. $79. Call Raevan at 975-9429, wuyaodao@aol.com.

Photos by Angela O'Brien

A teacher at heart, I enjoy the process of discovery and sharing inherent in the study of internal energy (chi) arts. My deepest gratification comes from developing and synergizing systems in which students have the ability to cultivate their own Vital Force to further self-actualization.

- Martial Artist and Energy Healer Ryan Wilson

Hands-On Qi Gung Healing Workshop with Ryan R. Wilson • Oct. 5 or Nov. 2; 9:30 a.m.-2:30 p.m. • Qi, the vital energy of the universe, is infinitely available for use in all aspects of our lives and beings. When this energy is appropriately focused for restorative purposes, the healing effects experienced on multiple levels of our being can be phenomenal. This workshop offers primary techniques and principles of ancient medicinal qi gung practices. Participants will become familiar with major and minor energy meridians, vortexes and points, intrinsic concepts of vital energy and subtle, non-invasive methods of working with this energy hands-on. This workshop is open to everyone from beginning to professional healers. $110 per person or $180 per couple. Call Raevan at 975-9429, wuyaodao@aol.com.

Tae Kwon Do with Tom Hart and Ron Proctor through Pierpont Commons • Oct. 3, 10, 24, 31, Nov. 7, 14; 7-9 p.m. • Open to all skill levels, this class will teach a comprehensive style of self-defense. $55. Call Maryann Simons at 647-6838; marysim@umich.edu.

Tae Kwon Do with Tom Hart and Ron Proctor through Pierpont Commons • Oct. 1, 8, 22, 29, Nov. 5, 12; 7-9 p.m. • Open to all skill levels, this class will teach a comprehensive style of self-defense. $55. Call Maryann Simons at 647-6838; marysim@umich.edu.

Qi Gung with Robert Hughes through Pierpont Commons • Oct. 2, 9, 23, 30, Nov. 6, 13; 7-9 p.m. • Exercises developed in China over 100 years ago to develop optimal health and vitality. Robert teaches three different easy-to-learn exercise sets anyone can do. $55. Call Maryann Simons at 647-6838; marysim@umich.edu.

Tai Chi with Genie Britt of Jewel Heart • Ongoing Sundays, 4:30-5:30 p.m. • Wu style of Tai Chi for health and focus. Beginners welcome. $5 suggested site donation. Call 994-3387, office@jewelheart.org.

Tai Chi Chuan Beginner Class with Master Wasentha Young • Sept. 9-Nov. 23; Mondays, 6-7:15 p.m. and/or Saturdays, 10-11:15 a.m. • Tai chi chuan is a Chinese internal style of martial arts. It emphasizes the integration and cultivation of the internal energy with the body and mind by concentrating on the techniques of relaxation and the use of imagery while in motion. Balance and an overall sense of well being are enhanced through tai chi's unique, slow and graceful movements and breathing coordination. Tai chi chuan is often characterized as "meditation in motion" because of the stillness it exemplifies. $165. Call Peaceful Dragon School of Tai Chi Chuan and Chi Kung at 741-0695; www.peacefuldragonschool.com.

Push Hands with Master Wasentha Young • Sept. 9-Nov. 23; Tuesdays 8:15-9:15 p.m. and Wednesdays 7-8 • After completing the tai chi chuan form, students learn push hands. It is a two-person exercise that studies the dynamic interaction of forces. Exploring the push hands principles and techniques of how to listen, adhere, yield and neutralize force, ripples outside the class as one gains a sense of personal boundaries as it relates to oneself and others. $140. Call Peaceful Dragon School of Tai Chi Chuan and Chi Kung at 741-0695; www.peacefuldragonschool.com.

Tai Chi Sword with Master Wasentha Young • Sept. 9-Nov. 23; Wednesdays, 8-9 p.m. • The Tai Chi Chuan Sword Form (double edged) is the most fluid of all the forms in tai chi chuan. Because of its fluidity, it represents the element water, and is therefore considered the highest of all weapons forms following the Taoist philosophy, "softness prevails over hardness as water prevails over all obstructions to its flow." $140. Call Peaceful Dragon School of Tai Chi Chuan and Chi Kung at 741-0695; www.peacefuldragonschool.com.

Fundamentals of Chi Kung (Qigong) and the 5 Element Theory with Master Wasentha Young • Sept. 9-Nov. 23; Tuesdays, 6-7:15 p.m. and/or Wednesdays, 9-10:15 a.m. • Chi Kung is a Chinese approach and practice that focuses on the relationship of (chi) energy and health. This class will focus on the fundamental styles of chi kung: imagery and movement, Chinese Yoga and traditional Chinese medicine. Students will also begin to learn to sense their own energy as well as others while engaging in "soft chi" exercises. As a part of medical chi kung, students will be introduced to the energy pathways (meridians) of the body and learn the fundamentals of the 5 Element Theory as it is the foundation of traditional Chinese medicine. Learning about the 5 Element Theory will clarify the correspondences of the qualities of nature that are mirrored in the internal concept of chi, as well as the generative and controlling cycles of energy patterns. $165. Call Peaceful Dragon School of Tai Chi Chuan and Chi Kung at 741-0695; www.peacefuldragonschool.com.

Tarot

Drop-In Tarot Readings with Kathy Bloch in the Crazy Wisdom Tea Room • Tuesdays, 7-10 p.m. • $1 per minute or $30 for 45 minutes. No appointment necessary. Call 663-0435 if you prefer to schedule a reading.

How to Read Tarot Cards with Richard Maurer • Dates and times TBA • Learn the philosophy and meanings of the 78 cards of the Waite-Rider tarot deck and learn to give readings. You will learn a variety of spreads to use in different situations, and also how to tap your intuitive and psychic abilities. For dates, times and cost, call 484-5123; esoterica123@aol.com.

Tarot - 78 Reflections of Life's Journey with Jeanne Adwani • Oct. 3, 10, 17, 24, 31, Nov. 7, 14, 21; 7-9:30, at Crazy Wisdom's Community Room • Each class is designed to deepen the mythic stories that live within each card. What do you see, feel, know? What is the journey? Limited enrollment. $150 for eight classes. Call 662-8909; jeanne@intoowitgirl.com.

Tarot - Stepping Out of the Box with Jeanne Adwani • Dec. 5 and 12, 7-9:30, at Crazy Wisdom's Community Room • Workshop for deepening one's relationship with the tarot. For cost, call 662-8909; jeanne@intoowitgirl.com.

Theatre

Empatheatre Performances • Oct. 11: In-Laws, Out-Laws; Nov. 8: Family Knots; Dec. 13: What's In It For Me? • Empatheatre is Ann Arbor's professional improvisation theatre company. At each performance, we enact situations submitted anonymously by audience members the evening of the performance. Performances begin at 8 p.m. $15 first four rows; $12 general seating; $10 students and seniors. Call 913-9733; saraemp@comcast.net.

Therapy & Support Groups

The Art of Thriving: A Women's Psychotherapy Group with Lisa C. Wolf • Ongoing Tuesdays, 7-9 p.m. • This process-oriented therapy group will guide women to move beyond "surviving" life. Participants will have the opportunity to explore the resistances, fears and doubts that block one's ability to "thrive" and block the expression of your most genuine self. Discussion, emotional release work, spiritual practice and experiential exercises will be some of the interventions used. This group will be both psychological and spiritual in nature. $40 per session. Call 930-0864.

Touchstone Group Support Program for Women Survivors of Sexual Assault or Childhood Sexual Abuse with Cathryn Antkowiak-Howard of Sexual Assault Crisis Center • Wednesdays starting in September, 6:30-8:30 p.m. • Touchstone is a two-phase program for women survivors of sexualized violence. Phase I is an eight-week information and discussion series covering topics specific to recovery from sexual assault and sexual abuse. Phase II is an 18-week therapeutic support group. Free, but a $4 donation per session is appreciated. Call Cathryn Antkowiak-Howard at 971-3695, ext. 122.

Ongoing Weekly Therapy Group for Women with Suzanne Eastman • Wednesdays, 7-9 • Two openings for women committed to authenticity, personal growth and finding meaning in life. Discover how to heighten your awareness and raise your life force within a nurturing and honest environment. $25. Call 665-9588; suzanne@home.msen.com.

Healing from Chronic Illness or Pain for Women Only with Erica Dutton of Wellspring Counseling • Times and Dates TBA • For many of us who have chronic illness or pain, our "old" way of living doesn't work anymore. Now we have to create a new life that makes room for the reality of our chronic illness and pain but doesn't allow the illness to take over. Typical issues discussed are anxiety, depression, coping with feelings, moving from denial to acceptance, practical strategies for coping with pain and fatigue, family and work issues. Members will set individual goals and work towards accomplishing them in the ten weeks. $350 with some sliding scale available. Call 677-3056, eldutton@wccnet.org.

Coming Back from Depression with Richard Dutton and Jacqueline Doneghy • 10 Sessions starting Oct. 7, 5:30-7 p.m. • You will learn the nuts and bolts of symptom management, including strategies and tools for preventing the return of depression. $250 with some insurances accepted. Call Richard at 734-417-4384 or Jacqueline at 734-546-0833; rfd731@earthlink.net.

The Crazy Wisdom Calendar

Therapy & Support Groups (continued)

Codependency: Losing Track of Me in Relationships with Richard Dutton and Jacqueline Doneghy • 10 Sessions starting Oct. 8, 5:30-7 p.m. • Sometimes we overreact to what happens around us and underreact to what goes on inside of us. Do you know how others feel before they do but have difficulty knowing your own feeling? Are you #479 on your priority list? This group will give you strategies and tools for rediscovering yourself, setting limits with others and making your own thoughts and feelings count. $250 with some insurances accepted. Call Richard at 734-417-4384 or Jacqueline at 734-546-0833; rfd731@earthlink.net.

Divorce Education and Recovery (D.E.A.R. Friends) with Betz King • Ongoing Tuesdays, 7-8:45 p.m. • A spiritual and psychological divorce support group designed to assist in the transition from married to single. Educational teaching combined with group process will address grief, anger, guilt, parenting and more. $25 per week with eight week minimum commitment. Call 248-673-2242; betzking@home.msen.com.

Women's Empowerment Group with Betz King • Ongoing Mondays, 7-8:45 p.m.; Tuesdays, 9:30-11 a.m.; Thursdays, 7-8:45 p.m. • A spiritual and psychological support group designed to increase self esteem, assertiveness and self acceptance. $25 per week with eight week minimum commitment. Call 248-673-2242; betzking@home.msen.com.

SAGE: Supporting Adolescent Growth and Empowerment with Betz King • Ongoing Tuesdays, 4:30-6 p.m. • Support and education for teens experiencing difficulties with anger management, impulse control, parental divorce, trouble at school and other acting out behaviors. Skills for personal empowerment and peer support create an effective modality. $25 per week with 12 week minimum commitment. Call 248-673-2242; betzking@home.msen.com.

Women: Taking Control of Your Life with Laurie Krauth • Tuesdays, Wednesdays or Thursdays starting week of Sept. 9; Noon-1 p.m. • Identify, challenge and defeat patterns that rob you of the power to run your life. $25 per session with some insurances accepted. Call 222-4655; lkrauth@comcast.net.

Serenity Pre-Retreat/Retreat for Women: Strength for the Journey with Cora "Tommie" Dayton and Rose Celeste O'Connell sponsored by Weber Center • Retreat: Oct. 25 at 7:30 through Oct. 27 at 1 p.m.; Pre-Retreat: Oct. 24, 7:30 • As we weave and incorporate the 12 steps of recovery into our daily lives, we are given strength for the journey, no matter what experience we have had in a given day. $150 for three days or $115 for two days. Call 517-266-4000 or fax 517-266-4004; webercenter@admc-op.org or www.op.org/adrian/weber.

From Crisis to Wellness with Kathy Blough • Mondays 11 a.m.-1 p.m. and Thursdays 10 a.m.-Noon • An intensive six-month psychotherapy program for people who want to change their lives by learning to understand their emotions and personality development, work through reoccurring problems, improve relationships and stop self-destructive behaviors. $125 per week. Call 913-5404; katblough@hotmail.com.

Ongoing Group Psychotherapy with Mark Blough • Mondays 7-9:30 p.m., Thursdays 10-Noon • This group is designed to assist members in making lifelong changes to increase joy and happiness in their lives. Any and all issues are addressed in a safe and nurturing environment. $50 per session. Call 769-8283; mblough@comcast.net.

Transpersonal Psychology

Integrative Breathwork and Soul-Based Psychology with Jacquelyn Small and Kathy Cotter • Sept. 20-22 • Breathwork is an ancient spiritual practice that will help you access your true self who always moves forward with complete assurance - the self who is never born and never dies. In a safe and supportive environment, we'll help you experience living as your true self and then learning how to take this greater identity home with you to be in your regular life. The dynamic process of integrative breathwork is a powerful, musical, meditative journey utilizing evocative music and the breath to help you access your deep inner landscape for guidance, healing and inner peace. Symbolic artwork and group processing complete the process. $245. Call Kathy at 231-439-0535; kathcotter@yahoo.com.

Women's Health

Women's Health: The Role of Botanical with Dr. Tieraona Low Dog • Oct. 4 • In this workshop, numerous herbs and current states of evidence for safety and efficacy will be discussed. Treatment protocols for common complaints will be presented. $50 or $75 for MDs. For time, call Faye at 998-7715; fharrin@umich.edu.

Kegels Plus: A Monthly Pelvic Floor Exercise Class with Nancy Denenberg • Kegels are especially helpful during the childbearing year, and for issues and surgeries related to incontinence, sacro-iliac pain and lower back pain. We will discuss the anatomy and physiology of the pelvic floor, how best to exercise and relax these muscles in isolation and combined with other exercises and home practice strategies. Follow-up practice provided in the Toning and Tuning class. $25. For dates and times, call 761-1514; nancyd@corsa-inst.com.

Women's Wellness Night: Natural Hormone Balancing with Tana Dean at Center for Sacred Living • Sept. 19, 7 p.m. • Helping you make a better informed decision about hormone therapy. What to use, what affects your hormones, balance and how to create balance. For women of all ages! $5. Call Tana at 734-429-3494 or Becky at 734-821-0364; tana1@comcast.net.

Menopausal Years: The Wise Woman Way with Linda Diane Feldt of The Ann Arbor Center for Holistic Health and Traditional Wisdom • Sept 28, 10 a.m.-1 p.m. • We will explore an integrated and positive holistic approach to menopause including suggestions for symptom relief, support for diet and exercises that promote health and gain an understanding of what is happening from both the scientific and holistic perspectives. Herbs that are supportive during menopause will also be covered. Includes formal lecture, discussion with question and answer, resource list, handouts, and demonstrations with participation optional. $30-$50 sliding scale. Call 662-4902; feldt@holisticwisdom.org.

Learning about Menopause through St. Joseph Mercy Hospital • Three classes offered starting Nov. 4 • What you should know, life style strategies to help you maintain vitality and health and information on hormone replacement and complementary therapies. $15 for each class. For complete information, call 712-5800.

Womenspirit

The Inner Path of Friendship Between Women: An Advent Parable on Mary and Elizabeth with Midge Miles at Visitation • Dec. 7, 9:30-4 p.m. • Explore the inner dynamics of the spiritual journey. Advent themes of waiting, trusting, risking and claiming one's own sacred call come alive through Midge's fictional rendering of the story of Mary and Elizabeth. Together with other participants, discover new metaphors and images for the Advent journey. $50 includes lunch. Call 734-242-5520; visitation@ihmsisters.org.

Being Wise and Powerful: Women Beyond Menopause with Bronwen Wildflower Gates • Five Mondays, bi-weekly starting Oct. 7; 7-9:30 p.m. • This class is for women who have entered or are entering their menopausal transition to their wisdom years. Explore with other women the garden you are planting; weed, transplant, sow new seeds. Learn about this dynamic body that you are developing, and how to keep it healthy and vibrant. $150 with discount offered. Call 734-424-2744, bronwild@aol.com.

Healers, Midwives and Mothers - Women Called to Birth the Presence of God in Our World with Edwina Gateley through Weber Center • Nov. 8 at 7:30 p.m. through Nov. 10 at 1 p.m. • During this retreat, we will explore the Feminine Divine and how women have a significant role to play in bringing balance and healing to a world of war and suffering. We will take a look at the history of God as Mother and explore how women in scripture and contemporary women can be models of hope and new life for our globe. $150. Call 517-266-4000 or fax 517-266-4004; webercenter@admc-op.org or www.op.org/adrian/weber.

Essence Point Women's Circle • Third Tuesday of each month: Sept. 17, Oct. 15, Nov. 19, Dec. 17; 7-9 p.m. • Discussion and sharing group for women with interests in spirituality, relationship, empowerment, metaphysics and healing. Bring any divining tools that you have for the group to try. A short silent or guided meditation will be part of this gathering. $2. Call 428-8748.

2002 Renaissance Unity Women's Conference with Renaissance Unity Interfaith Spiritual Fellowship • Oct. 5 • Women, Love and Power: Healing the world in the 21st century with Riane Eisler, Anne Lamott, Julia Butterly Hill, bell hooks, Marianne Williamson and Oprah Winfrey. Tickets on sale through Ticketmaster at www.ticketmaster.com/artist/831476 or by calling 248-433-1515. For complete information, call Renaissance Unity at 586-758-3050; info@renaissanceunity.org.

Work & Right Livelihood

Discover the Power and Joy in Your Life Transitions with Melanie Fuscaldo • Part 1: Sept. 24, Noon-1:30; Part 2: Oct. 1, Noon-1:30 • If you or a loved one is anticipating or experiencing a transition in career, retirement, health or relationship, this workshop will support you in opening your heart, body and mind to the spiritual purpose in this transition. $25 per session. Call 668-2733.

Live Your Career Dream with Melanie Fuscaldo • Part 1: Sept. 16, Noon-1:30; Part 2: Sept. 23, Noon-1:30 • Begin to identify your unique career dream and action steps to create it in your life. $25 per session. Call 668-2733.

Healing Work Stress and Humanizing Work with Professor Mike Whitty and His Holiness B.T. Swami • Nov. 2, 9-5 p.m. • A day of reflection and renewal featuring new techniques for attitudinal health in the workplace and self realization. $35. Call Mike at 248-594-7596; mikewhitty@hotmail.com.

Writing & Poetry

Open Mic Poetry Night at Crazy Wisdom Bookstore • Every Wednesday, 7-9:30 p.m. • Open mic poetry. Sign-up begins at 6:30 p.m. Readings from featured artists and poets, third Wednesday of each month. Free. Call Amelia or Tressa at 665-9468.

Writing Practice: The Art of Showing Up On the Page with Jill Blixt • Six Thursdays beginning Sept. 26, 9:30-12:30 • Writers often struggle with consistency - how to create a structure that keeps them writing. A writing practice breaks through procrastination, perfectionism and fear. This workshop is for those individuals who have a current writing project. Mornings will begin with writing "warm-ups", followed with personal project writing time. This workshop is for individuals who want to create momentum and personal accountability in their writing practice. $30 per week includes brunch and materials. Call 665-4577; jillblixt@aol.com.

Dancing with the Muses: Igniting the Fires of Inspiration with Jill Blixt • Sept. 8: Euterpe, Muse of Music; Oct. 6: Polyhymnia, Muse of Oratory, Sacred Hymns and Poetry; Nov. 3: Mnemosyne, Mother of the Muses, Goddess of Memory; 10 a.m.-4 p.m. each day • The Muses - they have been written about and referred to for centuries, but who are they and how do we access their fires of inspiration and creativity? This workshop series will focus each month on a single one of the nine archetypes. Come dance with the muses. Learn what they teach. Bring their gifts into your daily life. We will write, make masks and explore our relationship to each muse in turn. You may come for one or the full series. $75 includes lunch and materials. Call 665-4577, jillblixt@aol.com.

Yoga

YogaMoves at OmMoves Studio with Gail Rucker • Fridays, Sept. 13-Nov. 1; Level I: 10:45-Noon or Level II: 9:15-10:30 a.m. • YogaMoves is an eclectic approach to yoga, drawing strongly on the anusara principles of alignment and the "grace full" expression of inner strength, wisdom and beauty. When focus moves inward, possibility moves outward. Level I for those new to yoga and for those exploring other styles. Level II for people with one year or more of training. $66 for six-week series or $15 drop-in. Call 994-3777; mymoves@aol.com.

YogaMoves at OmMoves Studio with Gail Rucker • Tuesdays, Sept. 10-Oct. 29; Level I: 6:45-8 p.m. or Level II: 5:15-6:30 p.m. • See above description. $88 for eight-week series or $15 drop-in. Call 994-3777; mymoves@aol.com.

Integrative Yoga with Shannon Hodges through Visitation • Oct. 1, 8, 15, 22, 29; 7-8:30 p.m. • Integrative Yoga is a style of gentle to progressive hatha yoga. Through breath and body awareness, participants learn to overcome life stresses by intuitively returning to the deep, quiet center within. Wear comfortable clothing and refrain from food at least one hour before class. $50. Call 734-242-5520; visitation@ihmsisters.org.

Vinyasa "Power" Yoga, Kundalini Yoga and Gentle Yoga Classes with Christy DeBurton • Ongoing morning and evening sessions • For times, dates and cost, call 761-8409, cdeburton@hotmail.com.

Yoga with David Rosenberg through Pierpont Commons • Sept. 29, Oct. 6, 20, 27, Nov. 3, 10; 7-9 p.m. • This class teaches the Iyengar style of yoga that emphasizes alignment, strength and flexibility. $55. Call Maryann Simons at 647-6838; marysim@umich.edu.

Yoga for Adults with Ema Stefanova • Sundays 5-6:30 p.m.; Mondays 4:45-6:15 p.m. or 6:30-8 p.m.; Wednesdays 8 a.m., 6 p.m. or 8 p.m.; Fridays 8 a.m. • Mixed level excellent for total beginners. These classes are designed for students to develop total fitness - meaning not only a healthy body but also emotional stability, stress management and heightened mental awareness. For cost, call 665-7801, emastefanova@cs.com or www.yogaandmeditation.com.

Yoga Nidra: The Art of Relaxation with Ema Stefanova • Saturdays, 3-6 p.m.; Sundays 10 a.m.-1 p.m.; dates to be announced • Yoga nidra is a systematic method of inducing complete physical, mental and emotional relaxation. The term yoga nidra is derived from two Sanskrit words meaning union or one-pointed awareness and sleep. During its practice, one appears to be asleep, but the consciousness is functioning at a deeper level of awareness. Yoga nidra is often referred to as psychic sleep or deep relaxation with inner awareness. For cost, call 665-7801, emastefanova@cs.com or www.yogaandmeditation.com.

Yoga Day with Ema Stefanova • Sundays, 9:30-4:30; dates to be announced • Relax and recharge in a positive and meditative yoga environment doing traditional yoga postures with the emphasis on breath awareness and relaxation. Total beginners welcome. Organic macrobiotic lunch provided. For cost, call 665-7801, emastefanova@cs.com or www.yogaandmeditation.com.

Satsang: Yoga and Meditation Question and Answer Session with Ema Stefanova • Ongoing Sundays, 6:30 p.m. • The question and answer sessions will help you understand yoga and meditation better and improve your personal practice. Suitable for yoga student, yoga teachers and all others interested. Drop-in okay, but please pre-register. For cost, call 665-7801, emastefanova@cs.com or www.yogaandmeditation.com.

Yoga for Moms/Dads with Little Ones with Ema Stefanova • Dates and times to be picked by the parents • This class includes postures, breathing techniques and relaxation focusing on the parents. Fun atmosphere for the kids. For cost, call 665-7801, emastefanova@cs.com or www.yogaandmeditation.com.

Yoga Class through Zen Buddhist Temple • Six Tuesdays beginning Sept. 10, Oct. 29 and Jan. 7; Yoga I: 6-7:15 p.m., Yoga II: 7:30-9 p.m. • Beginning and experienced students in the classes learn traditional yoga postures (hatha yoga) with an emphasis on relaxation, concentration and working with the breath. The instructor was trained by the Sivananda Yoga Organization, and combines that experience with meditation training. Classes fill quickly, so register early. $50 for six sessions. Call 761-6520.

Ongoing Beginning, Intermediate and Continuing Hatha Yoga Classes with Cathy King, Martha Laatsch and Lynette Smith through Inward Bound Yoga Program • For brochure of complete information, call 327-4963; info@ibyoga.com.

Astanga Yoga with Jonathan Tyman of Inward Bound • Saturdays, 8:15-10 a.m. • For complete information, call 997-9344; tyman@umich.edu.

Astanga to Music with Barb Linderman of Inward Bound • Mondays, 7-8:30 a.m. • For more information, call 971-8562; gfl@umich.edu.

Mysore Style Astanga Class with Shay Maxwell-Hunt of Inward Bound • Tuesdays and Thursdays, 6:30-8:30 a.m. • For more information, call 507-0472; sprout@hipplanet.com.

Slow Flow with Lynette Smith of Inward Bound • Tuesdays, 4:30-5:30 p.m. • For more information, call 995-0741; lynettes@umich.edu.

Wake-up Yoga with Barb Linderman of Inward Bound • Wednesdays or Fridays, 7:30-8:30 a.m. • For complete information, call 971-8562; gfl@umich.edu.

Deep Stretch with Cathy King of Inward Bound • Thursdays, 4:15-5:15 p.m. • For complete information, call 517-592-8017; kingcm@dmci.net.

Postures to Sacred Music with Barb Linderman of Inward Bound • Thursdays, 5:30-7:15 p.m. • For complete information, call 971-8562; gfl@umich.edu.

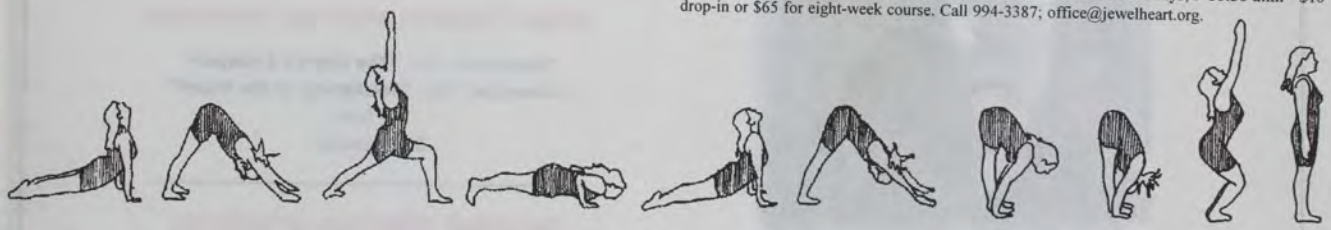
Kripalu Yoga with Lisa Hojnacki of Inward Bound • Tuesdays, 9:30-11 a.m. or Thursdays, 10-11:30 a.m. • For complete information, call 248-348-6541.

Yoga for Kids with Barbara Brookens-Harvey of Inward Bound • Wednesdays, 4:15-5:05 p.m. • For complete information, call 994-6130; billbarbmo@aol.com.

Prenatal and Postnatal Yoga with Marlene McGrath of Inward Bound • Prenatal class: Fridays, 9-10:30 a.m.; Postnatal: Fridays, 10:45-12:15 p.m. • For complete information, call 930-1970; marmamalia@yahoo.com.

Introduction to Astanga with Dennis Vogt of Inward Bound • Saturdays, 10:30-Noon • For complete information, call 517-529-4179; dvogt@voyager.net.

Yoga Instruction with Bobbie Krzywozycki at Jewel Heart • Tuesdays, 9-10:30 a.m. • $10 drop-in or $65 for eight-week course. Call 994-3387; office@jewelheart.org.



Crazy Wisdom Tea Room Events

Live Music in the Crazy Wisdom Tea Room
Every Friday and Saturday Night
Music starts at 8:30 pm; Free Admission
Call Hobart or Karen at 734.665.2757 for more info

Open Mic Poetry Night Every Wednesday
in the Crazy Wisdom Tea Room
Sign-up begins at 6:30 pm
All are welcome to read or listen
Featured Artist Every 3rd Wednesday of the month
Call 734.665.2757 for more information

Drop-in Psychic/Intuitive Readings with Diane Evans
Saturdays 2-5 pm; No appointment necessary
$1.00 per minute; Call 734.327.9568 for more information

Drop-In Tarot Readings with Kathy Bloch
Tuesdays 7-10 pm; No appointment necessary
$1.00 per minute; Call 734.663.0435 for more information

Drop-in Massage with Michael Bratcher
Saturdays 2-5 pm; No appointment necessary
$1.00 per minute; Call 734.572.0469 for more information

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A Gathering in Spirit

***Brenda Morgan**, PhD, Spiritual Catalyst & Mentor*

Brenda has been blessed, through the grace of God and the help of her spiritual teacher Michael Silverman, with a spiritual transformation in which **Inner Enlightenment/No Mind Within** has occurred. As a Westerner, she shares in a simple and straightforward manner in the form of public gatherings, spiritual intensives, summer retreats and occasional private meetings with those drawn to her life work. She is constantly exploring how to communicate this transformation with Westerners who, like herself, have a connection with the world and wish to continue to interact with it as they spiritually evolve. Her own transformation occurred while still in relationship with the world with a concomitant slowing down within her Being as she became aligned to the Holy Spirit.

WEDNESDAY EVENING INTRODUCTION AND MEDITATION FOR THE GENERAL PUBLIC

October16th and December 11th
7 - 8:15pm
Love Offering

FRIDAY EVENING SPIRITUAL SEMINARS

September 13th: ***"The Heart's Embrace"***
November 15th: ***"Awakening of the Heart"***
7 - 9pm
$35 / person

SATURDAY SPIRITUAL INTENSIVES

"A GATHERING IN SPIRIT"
(Each gathering is unique)

September 14th andNovember 16th
9am - 4pm
$85 / person

Events held in Ann Arbor area
For pre-registration, further information, flyers:
734-665-0536